















Nicoise-inspired Salmon

on Herby Orzo with Tomatoes and Olives

Fast and Fresh

25 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  Orzo
170 g | 340 g
-  Baby Tomatoes
227 g | 454 g
-  Mixed Olives
60 g | 120 g
-  Shallot
1 | 2
-  Whole Grain Mustard
1 tbsp | 2 tbsp
-  Parsley
7 g | 14 g
-  Lemon
1 | 2
-  Zesty Garlic Blend
1 tbsp | 2 tbsp
-  Arugula and Spinach Mix
56 g | 113 g
-  Egg
2 | 4
-  Garlic Spread
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook orzo

- Before starting, preheat the broiler to high.
 - Add **8 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
 - Drain **orzo**, then return to the same pot, off heat.
 - Add **half the garlic spread** and **1 tbsp (2 tbsp) oil**, then toss to coat. (**TIP:** We love using olive oil in this recipe.)
 - Transfer to a large plate or platter to cool slightly.

2



Boil eggs

- Meanwhile, add **4 cups (6 cups) warm water** to a small pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-high. Using a spoon, lower **egg** into the **boiling water**. Cook for 7 min for a **runny yolk** or 9 min for a **set yolk**.**
- Drain and rinse **egg** under cold water for 30 sec., until cool enough to peel. Peel, then halve **eggs**. Season with **salt** and **pepper**.

3



Broil salmon

- Line a baking sheet with foil.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Combine **Zesty Garlic Blend**, **remaining garlic spread** and **half the lemon zest** in a small bowl.
- Pat **salmon** dry with paper towels, then season with **pepper**.
- Arrange on prepared sheet, skin-side down.
- Spread **lemony garlic spread** over top.
- Broil in the **middle** of the oven until cooked through, 8-11 min.**

4



Remaining prep

- Meanwhile, roughly chop **parsley**.
- Peel, then finely chop **shallot**.
- If desired, roughly chop **arugula and spinach mix**.
- Halve **tomatoes**.
- Drain **olives**, then roughly chop.

5



Marinate tomatoes

- Meanwhile, combine **lemon juice**, **mustard**, **remaining lemon zest**, **½ tsp (1 tsp) sugar** and **1 tbsp (2 tbsp) oil** in a medium bowl.
- Add **tomatoes**, **olives** and **as much raw shallot** as desired. Season with **salt** and **pepper**, then toss to coat.

6



Finish and serve

- Just before serving, add **orzo** and **arugula and spinach mix** to the medium bowl with **tomatoes**. Toss to combine.
- Divide **orzo salad** between plates.
- Top with **salmon** and **halved eggs**.
- Sprinkle **parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.

** Cook salmon to a minimum internal temperature of 70°C/158°F, as size may vary, and cook egg to a minimum internal temperature of 74°C/165°F.