
















Harvest Salmon

with Roasted Veggies and Herby Pesto Orzo

Farmer's Market

30 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  Orzo
170 g | 340 g
-  Zucchini
1 | 2
-  Sweet Bell Pepper
1 | 2
-  Baby Heirloom Tomatoes
227 g | 454 g
-  Red Onion
1 | 2
-  Parsley
7 g | 14 g
-  Red Wine Vinegar
½ tbsp | 1 tbsp
-  Garlic, cloves
2 | 4
-  Basil Pesto
½ cup | 1 cup
-  Zesty Garlic Blend
1 tbsp | 2 tbsp
-  Garlic Salt
1 tsp | 2 tsp
-  Mayo
4 tbsp | 8 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper, sugar

Cooking utensils | baking sheet, large non-stick pan, measuring cups, medium pot, paper towels, parchment paper, large bowl, small bowl

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Boil water and marinate tomatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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.
- Meanwhile, halve **tomatoes**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Add **tomatoes, pesto, half the vinegar** (use all for 4 ppl), **half the garlic salt, half the garlic** and **¼ tsp sugar** to a large bowl. Season with **salt** and **pepper**, then toss to combine.

2



Prep veggies

- Cut **zucchini** into ½-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **onion** into ½-inch slices.
- Add **zucchini, peppers, onions, Zesty Garlic Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use two baking sheets with half of the Zesty Garlic Blend and 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.

3



Roast veggies

- Roast **veggies** in the **middle** of the oven, tossing halfway through, until tender, 16-20 min. (**NOTE:** For 4 ppl, roast in the middle and the bottom of the oven, rotating sheets halfway through.)

4



Cook and dress orzo

- Add **orzo** to the boiling water. Cook, uncovered, stirring occasionally, until tender, 10-12 min.
- Drain **orzo**. (**TIP:** If you prefer a cold orzo salad, rinse under cool water after draining.)
- Add **orzo** to the bowl with **marinated tomatoes**. Toss to combine.

5



Cook salmon

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.**

6



Finish and serve

- Add **mayo** and **as much of the remaining minced garlic as desired** to a small bowl. Season with **salt** and **pepper**, then combine. (**TIP:** This is your aioli!)
- Divide **orzo** between plates.
- Top with **veggies** and **salmon**.
- Dollop **aioli** over **salmon** or serve alongside.
- Sprinkle **parsley** over top.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.