



# Roasted Dill-Garlic Salmon with Warm Orzo and Spinach Salad

Family Friendly 20 to 30 Minutes

**+2 Double** **Swap**






Salmon Fillets, skin-on  
500 g | 1000 g

Tilapia  
300 g | 600 g



Customized Protein **+ Add** **Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on  
250 g | 500 g

Orzo  
170 g | 340 g



Yogurt Sauce  
3 tbsp | 6 tbsp

Baby Spinach  
28 g | 56 g

Feta Cheese, crumbled  
1/4 cup | 1/2 cup

Tomato  
1 | 2

Dill-Garlic Spice Blend  
1 tsp | 2 tsp

Mixed Olives  
30 g | 60 g

**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.

Pantry items | Pepper, oil, salt

Cooking utensils | Aluminum foil, baking sheet, large bowl, large pot, measuring cups, measuring spoons, paper towels, strainer

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## Cook orzo

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.

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## Assemble salad

- Drain **orzo** well.
- Add **orzo** to the large bowl with **spinach-yogurt sauce mixture**.
- Season with **salt**, then stir to combine.

2



## Roast salmon

×2 Double | Salmon Fillets, skin-on

🔄 Swap | Tilapia

- Meanwhile, pat **salmon** dry with paper towels.
- Sprinkle with **half the Dill-Garlic Spice Blend**, then season with **salt** and **pepper**.
- Arrange **salmon** on a lightly oiled foil-lined baking sheet, skin-side down. Drizzle **2 tsp** (4 tsp) **oil** over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 8-12 min.\*\*

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## Finish and serve

- Divide warm **orzo salad** between plates.
- Top with **olives**, then **dill-garlic salmon**.
- Sprinkle **feta** over top.

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## Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Roughly chop **spinach**.
- Add **spinach, tomatoes, yogurt sauce** and **remaining Dill-Garlic Spice Blend** to a large bowl.
- Drain, then roughly chop **olives**.

Measurements  
within steps

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

## 2 | Roast salmon

×2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

## 2 | Roast tilapia

🔄 Swap | Tilapia

If you've opted for **tilapia**, prep and cook it in the same way the recipe instructs you to prep and cook the **salmon**.\*\*

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