



# Cal Smart Lemon Butter-Basted Salmon with Orzo

Calorie Smart

30 Minutes



Salmon Fillets,  
skin-on



Lemon



Orzo



Green Beans



Dill



Baby Tomatoes



Garlic, cloves



Garlic Salt

HELLO ORZO

*It looks like rice but it's actually pasta!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Lemon	1	1
Orzo	170 g	340 g
Green Beans	170 g	340 g
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Garlic, cloves	2	4
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

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

## 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.*

## Contact

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## Prep

- Add **6 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, trim **green beans**.
- Roughly chop **half the dill** (all for 4 ppl).
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.



## Cook salmon

- Meanwhile, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp butter** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\*



## Roast veggies

- Add **green beans, tomatoes, 1 tsp oil** (dbl for 4 ppl) and **half the garlic** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 8-10 min.



## Finish orzo

- Add **reserved pasta water, dill, remaining garlic, remaining garlic salt, 1 tbsp lemon juice** and **½ tsp butter** (dbl both for 4 ppl) to **orzo**.
- Season with **pepper**, then stir to combine.



## Cook orzo

- Meanwhile, add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **orzo** to the same pot, off heat.



## Finish and serve

- Divide **orzo, salmon** and **roasted veggies** between plates.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!