



Grilled Mediterranean Salmon

with Creamy Orzo and Feta Salad

Grill

30 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Salmon Fillets,
skin-on



Baby Spinach



Roma Tomato



Yogurt Sauce



Lemon



Double Salmon Fillets,
skin-on



Orzo



Dill-Garlic Spice
Blend



Feta Cheese,
crumbled

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium-high heat.

Measurements within steps

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

Bust out

Medium bowl, measuring spoons, strainer, small bowl, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Baby Spinach	56 g	113 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Yogurt Sauce	45 ml	90 ml
Feta Cheese, crumbled	¼ cup	½ cup
Lemon	1	2
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.



Cook orzo

- 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, 8-10 min.



Finish orzo salad

- Add **feta** and **½ tbsp (1 tbsp) oil** to the medium bowl with **orzo**. Season with **¼ tsp (½ tsp) salt and pepper**, then stir to combine.



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Juice **half the lemon**, then cut **remaining lemon** into wedges.
- Whisk together **yogurt sauce**, **half the Dill-Garlic Spice Blend** and **1 tbsp (2 tbsp) lemon juice** in a small bowl. Set aside.
- Once **orzo** is tender, drain, then rinse with cold water until cool to touch, 1-2 min. Drain any excess water.
- Transfer **orzo** to a medium bowl. Stir in **spinach, tomatoes and half the yogurt sauce dressing**.



Finish and serve

- Divide **orzo salad** between plates.
- Using a fork, gently remove and discard salmon skin, if desired.
- Top **salad** with **salmon**.
- Dollop **remaining yogurt sauce dressing** over **salmon**.
- Squeeze a **lemon wedge** over top, if desired.



Grill salmon

- Pat **salmon** dry with paper towels.
- Sprinkle with **remaining Dill-Garlic Spice Blend**, then season with **salt and pepper**.
- Add **salmon** to the grill, skin-side down. Close lid and grill, until **salmon** is cooked through, 6-7 min.**
- Transfer **salmon** to a plate, then cover to keep warm.

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



Issue with your meal?
Scan the QR code to
share your feedback.

Dinner Solved!