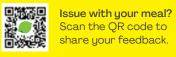


Grilled Mediterranean Salmon

with Creamy Orzo and Feta Salad

Grill

30 Minutes





Salmon Fillets, skin-on





Baby Spinach





Roma Tomato



Dill-Garlic Spice Blend

Feta Cheese,

crumbled





Yogurt Sauce





Lemon

double your protein, simply follow the instructions on the back of this card and you're set.

CUSTOM RECIPE This is a Custom Recipe. If you chose to

Happy cooking!

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

erson	4 Person
50 g	500 g
00 g	1000 g
i6 g	113 g
70 g	340 g
80 g	160 g
tsp	2 tsp
5 ml	90 ml
cup	½ cup
1	2
	000 g 66 g 70 g 80 g tsp 5 ml

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.



Prep

- Meanwhile, cut tomato into 1/2-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**.



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.

