

Italian-Seasoned Salmon

with Baked Orzo

Family Friendly 35 Minutes



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Salmon Fillets, skin-on







Roma Tomato



Parmesan Cheese,



Italian Seasoning



Zucchini



Zesty Garlic Blend



Lemon



Green Onion

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!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Measuring spoons, strainer, zester, medium pot, measuring cups, large non-stick pan, 8x8-inch baking dish, paper towels

Ingredients

3. 5		
	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon fillets, skin-on	500 g	1000 g
Orzo	170 g	340 g
Roma Tomato	95 g	190 g
Parmesan Cheese, grated	1/4 cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Lemon	1	1
Green Onion	2	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

- * 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.



Prep

- Add **6 cups water** and **2 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Thinly slice green onions.
- Cut **zucchini** into ½-inch rounds.
- Cut tomato into 1/4-inch pieces.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.



- Add orzo to the boiling water. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Meanwhile, pat salmon dry with paper towels. Sprinkle half the Italian Seasoning over salmon, then season with salt and pepper.
- When orzo is done, reserve
 4 cup (½ cup) pasta water, then drain and set aside.

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**.



Assemble orzo

- Reheat the same pot over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **Zesty Garlic Blend**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then add orzo,
 tbsp (1 tbsp) lemon zest, green onions,
 tomatoes, reserved pasta water,
 remaining Italian Seasoning and
 1 tbsp (2 tbsp) lemon juice.
- Season with salt and pepper, then stir to combine.



Bake orzo

- Transfer orzo mixture to a lightly-oiled 8x8-inch baking dish (9x13-inch dish for 4 ppl).
- Layer **zucchini rounds** over top.
- Drizzle with ½ tbsp (1 tbsp) oil, then sprinkle with Parmesan.
- Bake in the **middle** of the oven until **zucchini** is tender-crisp, 10-12 min.



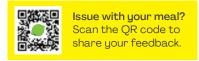
Pan-fry salmon

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add ½ tbsp (1 tbsp) oil, then salmon, skin-side down. Pan-fry until golden-brown and cooked through,
 2-3 min per side.**



Broil orzo and serve

- When **zucchini** is tender-crisp, switch the oven to high broil.
- Broil **orzo** in the **middle** of the oven until **Parmesan** is golden-brown, 2-3 min.
- Divide Italian-seasoned salmon and baked orzo between plates.
- Squeeze a **lemon wedge** over top, if desired.



Dinner Solved!