

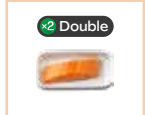


Italian-Seasoned Salmon with Baked Orzo

Family Friendly 30-40 Minutes

↗ Custom Recipe + 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
500 g | 1000 g



Salmon Fillets, skin-on
250 g | 500 g



Orzo
170 g | 340 g



Tomato
1 | 2



Parmesan Cheese, grated
¼ cup | ½ cup



Italian Seasoning
1 tbsp | 2 tbsp



Zucchini
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp



Lemon
1 | 1



Green Onion
2 | 2

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.

1



Prep

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

- 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 ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

2



Cook orzo and prep salmon

*2 Double | Salmon Fillets

- 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 **¼ cup (½ cup) pasta water**, then drain and set aside.

3



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**, **½ 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.

4



Bake orzo

- Transfer **orzo mixture** to a lightly-oiled 8x8-inch baking dish (use 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.

5



Pan-fry salmon

- Meanwhile, heat a large non-stick pan over medium heat.
- When the pan is 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.**

6



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.

2 | Cook orzo and prep salmon

*2 Double | Salmon Fillets

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

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



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