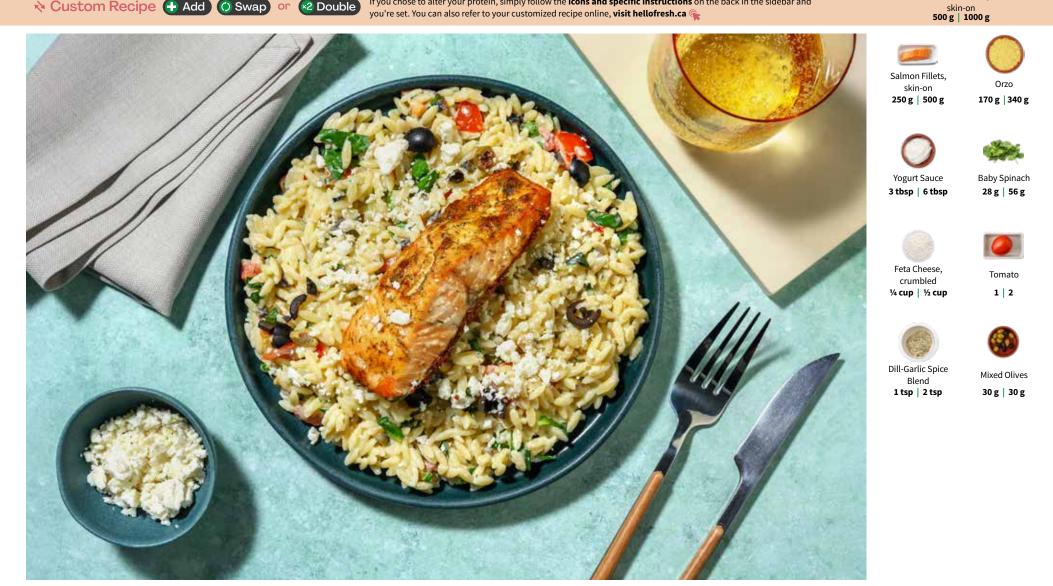


with Warm Orzo and Spinach Salad

Family Friendly 20-30 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 🌑



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.



2 Double

Salmon Fillets.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, measuring cups, large pot, paper towels



Cook orzo

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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, 6-8 min.



Assemble salad

- When orzo is tender, reserve
 2 tbsp (4 tbsp) pasta water, then drain orzo well.
- Add **orzo** and **reserved pasta water** to the large bowl with

spinach-yogurt sauce mixture.

• Season with **salt**, then stir to combine.



Roast salmon

🕺 Double | Salmon Fillets

- Meanwhile, pat **salmon** dry with paper towels.
- Sprinkle with
- half the Dill-Garlic Spice Blend, then season with salt and pepper.
- Arrange salmon on a lightly oiled, foil-lined baking sheet, skin-side down. Drizzle
 2 tsp (4 tsp) oil over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 7-10 min.**



Finish and serve

- Divide warm orzo salad between plates.
- Top with **olives**, then **dill-garlic salmon**.
- Sprinkle feta over top.



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Add spinach, tomatoes, yogurt sauce and remaining Dill-Garlic Spice Blend to a large bowl.
- Drain, then roughly chop **olives**.

Measurements within steps 2 person 4 person Ingredient

2 | Roast 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**.

