



Roasted Dill-Garlic Salmon

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](https://www.hellofresh.ca)

*2 Double



Salmon Fillets, skin-on
500 g | 1000 g



Salmon Fillets, skin-on
250 g | 500 g



Orzo
170 g | 340 g



Yogurt Sauce
3 tbsp | 6 tbsp



Baby Spinach
28 g | 56 g



Feta Cheese, crumbled
¼ cup | ½ cup



Tomato
1 | 2



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Mixed Olives
30 g | 30 g

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.

Pantry items | Oil, salt, pepper

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

1



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.

2



Roast salmon

*2 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.**

3



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**.

4



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.

5



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
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**.

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



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