



Italian-Seasoned Salmon with Baked Orzo

Family Friendly

35 Minutes



Salmon Fillets,
skin-on



Orzo



Roma Tomato



Parmesan Cheese,
grated



Italian Seasoning



Zucchini



Garlic, cloves



Lemon



Green Onion

HELLO ORZO

It looks like rice but it's actually pasta!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Parmesan Cheese, grated	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	200 g
Garlic, cloves	2	4
Lemon	1	1
Green Onion	2	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
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.

Contact

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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.
- Meanwhile, peel, then mince or grate **garlic**.
- 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.



Bake orzo

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



Cook orzo and prep salmon

- 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 pasta water** (dbl for 4 ppl), then drain **orzo** and set aside.



Pan-fry salmon

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 2-3 min per side.**



Assemble orzo

- Heat the same pot over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pot from heat, then add **orzo**, **lemon zest**, **green onions**, **tomatoes**, **reserved pasta water**, **remaining Italian Seasoning** and **1 tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



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 **salmon** and **baked orzo** between plates.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!