



Roasted Dill-Garlic Salmon

with Warm Orzo and Spinach Salad

Family Friendly

Quick

25 Minutes



Salmon Fillets,
skin-on



Orzo



Baby Spinach



Tzatziki



Feta Cheese,
crumbled



Roma Tomato



Dill-Garlic Spice
Blend



Mixed Olives

HELLO TZATZIKI

A yogurt-based sauce found in cuisines ranging from Southeast Europe to the Middle East!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Orzo	170 g	340 g
Tzatziki	56 ml	113 ml
Baby Spinach	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	80 g	160 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Mixed Olives	30 g	30 g
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.



Cook orzo

- 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.



Roast salmon

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



Prep

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



Assemble salad

- When **orzo** is tender, reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain **orzo** well.
- Add **orzo** and **reserved pasta water** to the large bowl with **spinach-tzatziki mixture**.
- Season with **salt**, then stir to combine.



Finish and serve

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

Dinner Solved!

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA