



Grilled Mediterranean Salmon

with Warm Creamy Orzo and Feta

Grill

30 Minutes



Salmon Fillets,
skin-on



Baby Spinach



Orzo



Roma Tomato



Mediterranean Spice
Blend



Tzatziki



Feta Cheese,
crumbled



Lemon

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium-high heat.

Bust out

Medium bowl, measuring spoons, strainer, small bowl, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Baby Spinach	56 g	113 g
Orzo	170 g	340 g
Roma Tomato	80 g	160 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Tzatziki	56 ml	113 ml
Feta Cheese, crumbled	¼ cup	½ cup
Lemon	1	2
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, 8-10 min.



Prep

Meanwhile, cut **tomato** into ½-inch pieces. Roughly chop **spinach**. Juice **half the lemon**, then cut **remaining lemon** into wedges. Whisk together **tzatziki**, **half the Mediterranean Spice Blend** and **1 tbsp lemon juice** (dbl for 4 ppl) in a small bowl. Set aside. Once **orzo** is tender, drain, then rinse with **cold water** until cool to touch, 1-2 min. Drain any excess water. Transfer **orzo** to a medium bowl. Stir in **spinach**, **tomatoes** and **half the tzatziki dressing**. Place in the fridge to cool.



4



Finish orzo salad

Add **feta** to the medium bowl with **orzo**. Season with **salt** and **pepper**, then stir to combine.

5



Finish and serve

Divide **orzo salad** between plates. Using a fork, gently remove salmon skin, if desired. Top **salad** with **salmon**. Dollop **remaining tzatziki dressing** over **salmon**. Squeeze a **lemon wedge** over top, if desired.

Grill salmon

Pat **salmon** dry with paper towels. Sprinkle with **remaining Mediterranean Spice Blend**, then season with **salt** and **pepper**. Add **salmon** to one side of the grill, skin-side down. (NOTE: Don't overcrowd the grill. Grill in batches if there isn't enough space.) Close lid and grill until **salmon** is cooked through, 6-7 min. ** Transfer **salmon** to a plate, then cover to keep warm.



Dinner Solved!

Contact

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