



Toula's Favorite Spiced Salmon & Tomatoes

with Scallion-Orzo Pilaf



20-30min



2 Servings

Much like Toula, the tomatoes in this dish undergo a stunning transformation. From firm and tart, to jammy and sweet, these pan-roasted tomatoes become the perfect sauce for harissa-spiced salmon. Meanwhile, orzo is toasted until fragrant and golden, then finished with scallions and butter. Toula's right, this dish is a hit—just like My Big Fat Greek Wedding 3, only in theaters September 8.

What we send

- 3 oz orzo ¹
- 1 pkt vegetable broth concentrate
- 2 scallions
- 6 oz grape tomatoes
- garlic
- ¼ oz fresh parsley
- 10 oz pkg salmon filets ⁴
- ¼ oz harissa spice blend
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- sugar

Tools

- small saucepan
- medium nonstick skillet

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 53g, Carbs 45g, Protein 37g



1. Cook orzo

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**; cook, stirring, until toasted, 2-3 minutes. Add **broth concentrate, 1¼ cups water**, and a **pinch of salt**. Bring to a boil; cover and cook over low until tender, about 18 minutes. Trim **scallions**; thinly slice about ¼ cup. Stir sliced scallions and **1 tablespoon butter** into orzo. Keep covered until step 6.



4. Cook salmon

Heat **1 tablespoon oil** in reserved skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more.



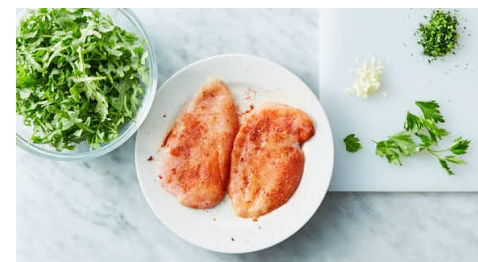
2. Cook tomatoes

While **orzo** cooks, heat **1 tablespoon oil** in a medium nonstick skillet over medium. Add **tomatoes** and a **pinch each of salt and pepper**. Cook, stirring, until tomatoes are browned and softened slightly, 5-6 minutes. Transfer to a medium bowl. Reserve skillet for step 4.



5. Make sauce

Heat **1 teaspoon oil** in same skillet over medium. Stir in **chopped garlic, cooked tomatoes and any juices, ¼ cup water**, and **1 teaspoon sugar**. Bring to a boil, scraping up any browned bits from the bottom. Cook, gently crushing some of the tomatoes with the back of a spoon, until the liquid is reduced by half, about 1 minute.



3. Prep ingredients

Finely chop **1 teaspoon garlic**. Pick **2 tablespoons whole parsley leaves**; reserve for step 6. Finely chop remaining leaves and stems.

Pat **salmon** dry; season with **salt, pepper**, and **¾ teaspoon harissa spice**.

In a medium bowl, toss **arugula** with **1 teaspoon oil** and a **pinch each of salt and pepper**.



6. Finish & serve

Return **salmon and any juices** to skillet, skin-side up and cook, until warm, about 30 seconds. Stir in **chopped parsley** and **1 tablespoon butter** until butter melts. Remove skillet from heat. Stir **arugula** into **warm pan sauce**. Season to taste with **salt and pepper**. Serve **salmon** with **orzo** alongside. Garnish with **reserved whole parsley leaves**. Enjoy!