



## Salmon & Pan-Roasted Tomatoes

with Scallion-Orzo Pilaf



20-30min



2 Servings

What looks like a grain, cooks like a grain, but is actually pasta? Orzo. It's a flat, rice-shaped pasta that's best served in salads, soups, or alone. This small, but mighty alternative to weeknight spaghetti is one of our go-tos. Especially when cooked rice-pilaf style, it becomes extra creamy thanks to the addition of broth and butter.



## What we send

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

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>
- 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!