



Greek-Style Salmon Pan Roast

with Tomatoes & Herb Orzo



20-30min



2 Servings

Pan roasts are an easy, healthy way to prepare dinner. Pan roasts that feature quick-cooking salmon are even easier! The onions and tomatoes are roasted first, then the salmon gets added for the last minutes of cooking. The salmon and veggies are served on a bed of orzo flavored with dill and garlic, and then topped with crumbled goat cheese and more fresh dill.

What we send

- garlic
- 1 red onion
- 6 oz grape tomatoes
- ¼ oz fresh dill
- 10 oz pkg salmon filets ⁴
- 3 oz orzo ¹
- 1 pkg feta ⁷

What you need

- kosher salt & pepper
- olive oil
- butter ⁷

Tools

- medium saucepan
- rimmed baking sheet

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 820kcal, Fat 53g, Carbs 48g, Protein 41g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Bring a medium saucepan of **salted water** to a boil. Cover and keep warm over low.

Finely chop **2 teaspoons garlic**. Halve **onion**, then peel and thinly slice. Halve **grape tomatoes** lengthwise. Finely chop **1 tablespoon dill fronds and tender stems** together, reserving a few fronds for garnish.



4. Cook & season orzo

Add **orzo** to boiling water and cook, stirring occasionally, until al dente, 6-8 minutes. Reserve **¼ cup cooking water** for step 6, then drain orzo well.

Return orzo to pot and add **chopped dill, remaining chopped garlic**, and **1 tablespoon butter**. Cover to keep warm off the heat.



2. Prep salmon

Pat **salmon** dry, then transfer to a medium bowl. Add **1 teaspoon of the chopped garlic, 1 tablespoon oil**, and a **generous pinch each of salt and pepper**, gently tossing to coat fish. Set aside until step 5.



5. Roast salmon

Add **salmon** skin-side down to baking sheet with **onions and tomatoes**, making sure each filet has direct contact with baking sheet. Roast on center oven rack until salmon is just medium and flakes easily, 7-9 minutes.



3. Roast onions & tomatoes

On a rimmed baking sheet, toss **onions, tomatoes, 2 tablespoons oil**, and a **generous pinch each of salt and pepper**. Roast on center oven rack until tomatoes are jammy and onions are tender and lightly browned, 8-10 minutes.



6. Finish & serve

Transfer **salmon** to serving plates. Add **2 tablespoons of the reserved cooking water** to baking sheet with **veggies** and stir to combine. Stir **remaining cooking water** into **orzo** to loosen.

Serve **herb orzo** alongside **salmon and veggies**. Crumble **feta** over top, then garnish with **remaining dill fronds**. Enjoy!