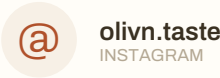


DINNER · SEAFOOD · SALMON · ORZO · QUICK · SPRING

Seared Salmon with Pea-Mint Orzo



olivn.taste
INSTAGRAM

Crisp salmon over creamy lemon orzo with peas, mint, and dill for a fresh weeknight dinner.

PREP 15 min	COOK 25 min	SERVES 4	LEVEL Medium
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Ingredients 14 ITEMS

Skin-on salmon fillets	4 fillet	Fine sea salt	1 teaspoon
Freshly ground black pepper	0.5 teaspoon	Olive oil	2 tbsp
Small shallot	1	Garlic cloves	2 clove
Orzo	300 g	Hot vegetable or light chicken stock	700 ml
Frozen peas	180 g	Finely grated parmesan	40 g
Unsalted butter	30 g	Lemon	1
Fresh mint leaves	15 g	Chopped dill	2 tbsp

Method 6 STEPS

- Pat the salmon very dry and season with half the salt and the pepper. Heat 1 tablespoon of the oil in a large nonstick frying pan over medium-high heat.
- Lay the salmon skin-side down and press gently for 20 seconds. Cook for 5 to 6 minutes until the skin is crisp and the salmon is mostly opaque, then turn and cook for 1 to 2 minutes. Transfer to a warm plate.
- In a saucepan, warm the remaining oil. Soften the shallot for 3 minutes, add the garlic for 30 seconds, then stir in the orzo.
- Add the hot stock a ladle at a time, stirring often, for about 10 minutes. Add the peas and cook for 3 minutes more, until the orzo is tender but still has a little bite.

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- 5 Remove from the heat. Stir in the parmesan, butter, lemon zest, 1 tablespoon lemon juice, mint, dill, and the remaining salt.
 - 6 Spoon the pea-mint orzo into shallow bowls and top with the salmon, crisp skin facing up.