

# Crispy Salmon

*with Orzo, Green Bean & Cucumber Salad*

In this simple, elegant dish, crispy salmon pairs perfectly with a creamy, lemony salad of orzo pasta and refreshing vegetables. (To give the pan-seared salmon its delicate crunch, we're letting it cook nearly through on the skin side. Once turned, it needs only another minute or so.) The whole meal gets a sweet, aromatic lift from fresh dill, which forms a classically delicious trio with the salmon and lemon—and makes for a gorgeous garnish.

## Blue Apron Wine Pairings

Alma Gitana Grenache, 2014

Marco Flacco Pinot Grigio, 2014



## Ingredients

- 2 Skin-On Salmon Fillets
- 4 Ounces Orzo Pasta
- 3 Ounces Green Beans
- 2 Cloves Garlic
- 1 Cucumber
- 1 Lemon
- 1 Bunch Dill
- 1 Bunch Parsley

## Knick Knacks

- 1 Shallot
- ¼ Cup Sour Cream

**Makes:** 2 servings | **Calories:** about 660 per serving

**Prep Time:** 15 minutes | **Cook Time:** 15–25 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Snap off and discard the green bean stems; cut into 1-inch pieces on an angle. Peel and mince the garlic and shallot. Peel the cucumber, leaving alternating strips of skin intact. Halve the cucumber lengthwise; scoop out and discard the seeds, then medium dice. Finely chop the parsley leaves and stems. Pick the dill fronds off the stems; discard the stems and finely chop half the fronds, leaving the rest whole. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



## Cook the orzo:

Add the **orzo** to the pot of boiling water and cook 7 to 8 minutes, or until just shy of al dente (still slightly firm to the bite). Turn off the heat. Drain thoroughly; rinse under warm water for 30 seconds to 1 minute to prevent sticking. Return the cooked orzo to the pot.

3



## Cook the green beans:

While the orzo cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. Add the **garlic** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Remove from heat.

4



## Make the orzo salad:

To the pot of **cooked orzo**, add the **cooked green beans**, **sour cream**, **cucumber**, **parsley**, **chopped dill**, **lemon zest**, the **juice of 2 lemon wedges** and **1 tablespoon of olive oil**. Stir to thoroughly combine; season with salt and pepper to taste. Rinse and wipe out the pan used to cook the green beans.

5



## Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down; cook 4 to 5 minutes on the first side, or until crispy. Flip and cook 30 seconds to 1 minute, or until cooked to your desired degree of doneness. Remove from heat.

6



## Plate your dish:

Divide the **orzo salad** between 2 dishes. Top with the **cooked salmon fillets**. Garnish with the **whole dill fronds** and **remaining lemon wedges**. Enjoy!