

One Pan Creamy Parm and Lemon Orzo and Salmon



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Recipe by: Laura Vitale

Serves 2

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients

- ☐ 2 Filets of Salmon
- ☐ 1/2 tsp of Granulated Garlic
- ☐ 1/2 tsp of Paprika
- ☐ Salt and Pepper, to taste
- ☐ 2 Shallots, minced
- ☐ 2 Tbsp of Olive Oil
- ☐ 1 Tbsp of Butter
- ☐ 1/2 cup of Orzo
- ☐ 1-3/4 cup of Chicken Stock
- ☐ 1 Tbsp of Lemon Juice
- ☐ 1/4 cup of Freshly Grated Parm
- ☐ 1/3 cup of Frozen Peas, thawed

1) Gently season both sides of the salmon with a little garlic, paprika, salt and pepper and set aside. Add 1 Tbsp of the oil to a 10 inch skillet and preheat it over medium-high heat, once nice and hot, add the salmon and sear on both sides (doesn't have to be fully cooked) then remove to a plate, discard the remaining oil.



2) Add the remaining oil and butter to the skillet along with the shallot, saute over medium heat for just a couple minutes then add the orzo, cook while stirring to toast it for about a minute, then add the stock and lemon juice, bring to a boil, partially cover and cook about 7 minutes.

3) Add the peas and parm, stir it in well, then add the salmon on top, nestling it in the orzo, partially cover again and cook for another 5-7 minutes or until the orzo is nice and creamy and the salmon is cooked through. Serve with a little parsley and dig in!