



Smoked Salmon and Orzo Salad

serves 2

Lunch 15 – 20 mins



Smoked Salmon



Dried Orzo



Sun Dried
Tomato Paste



Mayo



Tomato



Salad Leaves



Italian Herbs

Pantry Items: Salt, Pepper, Water, Oil



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2024-W47

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Sieve

Ingredients

	Quantity
Smoked Salmon	100 g
Dried Orzo	170 g
Sun Dried Tomato Paste	1 sachet
Mayo	2 sachets
Tomato	2 units
Salad Leaves	40 g
Italian Herbs	½ sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	261 g	100 g
Energy (kJ/kcal)	2087.8 kJ/ 499 kcal	799.9 kJ/ 191.2 kcal
Fat (g)	14.2 g	5.4 g
Sat. Fat (g)	1.7 g	0.7 g
Carbohydrate (g)	66.8 g	25.6 g
Sugars (g)	7.2 g	2.8 g
Protein (g)	24.9 g	9.5 g
Salt (g)	3.1 g	1.2 g

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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1



Cook the Orzo

- Boil a large pot of **salted water** for the **orzo**.
- When boiling, add the **orzo** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins. Once cooked, drain in a sieve and pop back in the pot.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.

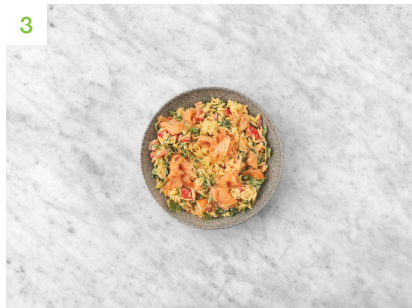
2



Get Prepped

- Meanwhile, tear the **smoked salmon** into large pieces.
IMPORTANT: Wash hands and utensils after handling raw salmon.
- Chop the **tomato** into 2cm cubes.
- Mix **sun dried tomato paste**, **half** the **dried Italian herbs** and **mayo** in a large bowl. Season to taste with **salt** and **pepper**.
- Add the **orzo**, **salad leaves** and **tomatoes** to the bowl. Toss together to coat.

3



Assemble and Serve

- Arrange **orzo** salad in deep plates or bowls.
- Top with **smoked salmon** and serve.

Enjoy!