

One-Pan Lemon Orzo Salmon



Serves	Prep Time	Cooking	Total Time	Calories
4 people	10 minutes	25 minutes	35 minutes	491 kcal

Stuff that's in it:

- 1 Tsp Olive Oil
- 4 Salmon Fillets
- 2 Large Cloves Garlic (Chopped)
- 4 Spring Onions (Chopped)
- Rind Of 1 Lemon (Grated)
- 1 Tbsp Lemon Juice
- Handful Cherry Tomatoes (I Used Piccolo, Sliced In Half)
 - 1 Tsp Paprika (Sweet)
 - 200G Orzo Pasta (Dried)
 - 5-600Ml Chicken Stock
 - 20G Parmesan (Grated)
- 70Ml Cream (I Used Area Lactose Free, Or Use Single Cream)
 - 1 Tbsp Fresh Dill (Chopped)
 - 100G Frozen Peas

What you do:

Heat a squirt of oil in a large deep fry pan ,add the salmon fillets and cook, skin side down first for 4-5 minutes each side, once cooked remove onto a plate

On a low heat , add the garlic, tomatoes and spring onion and fry for 1 minute, add the lemon rind and the paprika, stir then add the dried orzo and stock and lemon juice.

Add the peas, mix , bring the heat up to to a simmer then cook gently , stirring frequently for around 8-9 minutes, if it starts to catch before its cooked add a splash of more stock, cook until al dente, just cooked , it will keep cooking with the heat.

Add the cream, dill and parmesan , then add the salmon fillets back, gently heat everything through and you're ready to serve, goes great with broccoli or other greens.

Nutrition

- Carbs: 41g
- Fat: 18g
- Protein: 37g
- Fibre: 4g
- Saturated Fat: 3g

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