

Treasure Barrel

Seared Salmon with Lemon Orzo: Quick Comfort Meal

10 min Prep time	**20 min** Cook time	**30 min** Total time
2 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Seared Salmon

- [ ] 2 (6-ounce) skin-on salmon fillets
- [ ] 1 tablespoon olive oil
- [ ] Salt and freshly ground black pepper, to taste

For the Lemon Orzo

- [ ] 1 cup dried orzo pasta
- [ ] 2 tablespoons unsalted butter
- [ ] 1 large lemon, zested and juiced
- [ ] 1 clove garlic, minced
- [ ] 2 tablespoons chopped fresh dill (or parsley)
- [ ] Salt and freshly ground black pepper, to taste
- [ ] Optional: 1/4 cup freshly grated Parmesan cheese

Instructions

1. First, let's get the orzo going. Bring a medium pot of generously salted water to a rolling boil. It's like preparing a little bath for the pasta. Once it's bubbling happily, pour in the orzo and give it a gentle stir to prevent any sticking. Let it cook according to the package directions, usually about 8-10 minutes, until it's al dente—tender but with a slight chew. You want to have all your other ingredients for the orzo prepped and ready to go for when it's done cooking.

2. While the orzo is cooking, turn your attention to the beautiful salmon fillets. This step is so important. Use a paper towel to pat the skin of the salmon until it is completely, utterly dry. This is the real secret to getting that wonderfully crispy skin. Season both sides of the fillets generously with salt and pepper. Now, heat the olive oil in a large non-stick or cast-iron skillet over medium-high heat. You'll know it's ready when the oil shimmers delicately in the pan.

3. Gently place the salmon fillets in the hot pan, skin-side down. You should hear a satisfying sizzle. Oh, that sound! Press down lightly on each fillet with a spatula for about 10 seconds to ensure the entire surface of the skin makes contact with the pan. Now, let it be. Cook for about 4-6 minutes, without moving it, until the skin is golden brown and crisp. You can see the fish cooking up the sides. Flip the fillets and cook for another 2-3 minutes on the other side, just until the fish is cooked through but still moist inside. Then, remove it from the pan and let it rest for a moment.

4 By now, your orzo should be perfectly cooked. Drain it well and return it to the warm pot. Add the butter, lemon zest, lemon juice, and minced garlic. Stir everything together until the butter has melted into a creamy, fragrant sauce that coats every grain of pasta. This is the moment when the kitchen smells absolutely heavenly. Gently fold in the fresh dill and the optional Parmesan cheese. Taste it and season with salt and pepper as needed. To serve, spoon a generous amount of the lemon orzo onto each plate and top it with a perfect piece of seared salmon. It feels much more special than our fun Friday night mushroom pizza, doesn't it?

Nutrition per serving

580 kcal	39 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra layer of flavor, you can add a tablespoon of capers or a handful of chopped Kalamata olives to the orzo along with the herbs. It gives it a lovely, briny Mediterranean feel.
- Don't be shy with the fresh herbs. They bring so much life and freshness to the dish. If you don't have dill, fresh parsley is a fantastic substitute, or even a combination of the two.
- The quality of your olive oil really matters here, as its flavor will come through. Use a good-quality extra-virgin olive oil for searing the salmon and for the overall richness of the dish.