

Pan seared salmon orzo

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If your looking for a weeknight dinner that's both both easy for weeknight family meals and fancy enough Saturday night dinner with friends, my pan seared salmon with Tuscan orzo is the perfect meal choice. This dish combines crispy, flaky salmon with a creamy spinach and sundried tomatoes orzo inspired by the rustic flavors of Tuscany. Not only is it easy to make, but it's also a complete meal full of vibrant colors and good for you ingredients, that will impress family and friends.

Why you will love this pan-seared salmon orzo recipe

This recipe brings together two of the best ingredients a rich, comforting pasta dish and perfectly cooked salmon. The orzo , in a garlicky, creamy sauce gets extra flavor from the sundried tomatoes and spinach, and the salmon provides a delicious crispy contrast. It's the perfect balance of comfort food and the fresh ingredients makes it an ideal recipe for any time of the year.

Let me know how your pan-seared salmon with Tuscan orzo turns out! !!!

Ingredients

- 2 lb. cleaned skinless salmon
- 1 Tbsp. garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil

- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

Instructions

1. Start by cleaning the fish then pat dry cut into equal parts. salt and pepper to taste. Combine the garlic, onion and paprika massage the rub into the fish.
2. In a 12 inch saute pan in the 2 Tbsp. of oil over medium high heat sear the fish on both sides until beginning to brown about 5 minutes per side. Remove cover with alumni foil set aside while making the orzo.
3. In the same pan add the 2 Tbsp. of butter. Add the garlic and saute until soft and translucent. Then add the sundried tomatoes, cook until the tomatoes are soft and fragrant. Deglaze the pan with the wine , waiting until evaporated before adding the chicken stock, cream and water. Add in the orzo lower the heat to a simmer and cook until the orzo is fork tender but firm. About 7 minutes. Then add the grated parmesan and chopped spinach and cook 5 minutes longer. ENJOY!!!