

SUMMER SALMON & ORZO PESTO SALAD

by Alison Crouch

Ingredients

Salmon and orzo

- 100g orzo
- 1/2 red onion
- 1 cloves garlic, sliced
- ½ red pepper, diced
- 6 Baby Tomatoes
- 1 tbsp extra virgin olive oil, plus extra to serve
- 200g can chickpeas, drained and rinsed
- 1 artichoke heart, halved or quartered
- 2 Salmon Pieces or 2 cooked chicken breasts

Pesto

- A bunch of basil
- 1 tsp sea salt
- ½ clove garlic
- 25g pine nuts
- 50ml extra virgin olive oil
- 30g parmesan, grated

Method

1. Bring a saucepan of water to the boil, add the orzo and cook according to pack instructions. Drain and let cool.
2. Meanwhile, put the sliced onion, garlic and red pepper on a baking tray, cover with the tomatoes, then season and drizzle with the oil. Grill or roast until just softened and the tomatoes are starting to blister.
3. Gently mix into the orzo with the chickpeas. Stir in the artichoke hearts.
4. Make the pesto: blitz all ingredients in a food processor.
5. Drizzle over the orzo or stir into the orzo.
- 6.6. For the salmon: Heat 1 tbsp oil. Pan fry the salmon skin side down to crisp it up for 4 minutes, then turn over and cook for 3 minutes.
7. Serve on top of the orzo salad. The salmon can be used cold or hot. You can chop up the salmon and stir into the orzo.



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