

Grilled Mango Orzo Salad with Orange Ginger Salmon

The following recipe was provided by recipe developer and food photographer, Ashley Durand of [Plate & Pen](#).

Ingredients

- 2 salmon filets
- 3 Tbsp. olive oil
- 1 Tbsp. red pepper flakes
- 1/3 cup naval orange juice, squeezed
- 2 Tbsp. honey
- 1 tsp. fresh ginger, grated
- 1 clove garlic, grated
- 1 1/2 cup cooked orzo pasta
- 1/2 tsp. kosher salt
- 1 Tbsp. black pepper
- 2 ears corn, husks removed
- 1 medium zucchini, halved
- 1 large mango, pitted and sliced 1/4-inch thick
- 1 1/2 cup grape tomatoes, halved
- 1/2 cup fresh chopped basil
- 2 cups fresh arugula
- 1/2 cup crumbled feta
- 1/2 cup pomegranate seeds



Instructions

1. Set oven to 450°F.
2. Mix the olive oil, red pepper flakes, orange juice, honey, ginger, garlic salt and pepper together for basting the salmon.
3. Place salmon filets on a foil-lined baking tray and use half of the basting sauce to coat the salmon. Set aside.
4. Use the same basting liquid to lightly coat the zucchini slices, mango and corn. Grill on medium heat for 8-10 minutes on each side. You want those grill marks! (I use my grill top plate for my stove for grilling things like this, but you can use a regular grill pan or even do it outside if you want.)
5. While the vegetables and mango are grilling, boil water for the orzo pasta. Boil the orzo for about 15 minutes or until cooked fully. Remove from heat and drain, then coat in olive oil so they don't dry out and become sticky. You can keep the orzo in the pot so all of the ingredients can be mixed in afterwards.
6. When your oven is ready, put salmon in for 15 minutes. Once fully cooked, cut into chunks with a fork or sharp knife and set aside to toss in orzo. Remember to remove the skins after you bake the salmon.
7. After vegetables and mango are nicely seared, remove them from grill and chop them up. You can cut the corn off of the ears by holding them vertically and sliding the knife carefully down each side.
8. Mix grilled vegetables, salmon chunks, feta, tomatoes, basil, arugula, mango and pomegranate seeds in with the orzo.
9. Pour whatever orange ginger honey sauce is left from basting over top to coat the entire salad.