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Pan-Seared Marinated Salmon With Sun-Dried Tomato Orzo Pasta Recipe

by [Chef David Rose](#) | Last updated Jan 6, 2025< [The Block](#)[Recipes](#)[Chef-Inspired Recipes](#)

If you're having trouble deciding between a comfy, cozy pasta night and answering the call of the ocean with a seafood dinner, put your hands together! This pan-seared marinated salmon with sun-dried tomato orzo pasta recipe takes the best of both worlds and serves them up on a silver platter... or whatever kind of plates you have at home.

Why We Love This Marinated Salmon Recipe

Creamy and satisfying? Check. Packed with a vast array of complementary flavors? Check. Only 15 minutes to prep and 20 to cook? Check and check! What's not to love about this mouthwatering dish? Fluffy, rice-shaped orzo pasta is coated in a creamy sauce of caramelized garlic and onions, sautéed tomatoes, tomato paste, and crushed red pepper, savory chicken stock, and heavy cream before it's joined by nutty Parmesan, earthy spinach, and peppery parsley for a dish that would stand tall all on its own. But we didn't stop there! We added an expertly marinated, perfectly cooked salmon fillet and drizzled it all with a homemade chive cream for one final burst of flavor.

Tools You'll Need Before You Start

- 1 Small Bowl
- 2 Large Cast-Iron Pans
- 1 Large Saucepan
- Whisk
- Meat Thermometer

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The marinated salmon fillets are really what puts this dish over the top, and we've saved you some time (and guaranteed the highest quality) by crafting this recipe with [Omaha Steaks Marinated Salmon Fillets](#)! These moist and flaky Atlantic salmon fillets are sustainably farm-raised on the coast of Chile, skinned and de-boned, and then expertly marinated in a wonderful mixture of olive oil, garlic, paprika, onion, and pepper so you can spend less time prepping and more time enjoying!

1. Whisk Up the Chive Cream of Your Dreams

This flavor-packed chive cream is a breeze to make and a delight to enjoy! Save yourself some extra time by cooking your orzo pasta in a large saucepan

to al dente doneness as per the instructions on the box while you prepare your cream. Add the tangy sour cream, mild chives, umami-loaded Worcestershire sauce, acidic rice wine vinegar, citrusy lemon juice, two to four dashes of hot sauce (depending on your love of heat), and savory garlic powder to a small bowl, whisk until they're well incorporated, and then season with salt and pepper until you've reached creamy perfection.

2. “Wow” Them With an Elevated Pasta

Once your pasta is just about ready, add olive oil to a large cast-iron pan and bring it to medium-high heat. Next, we're going to add our raw onions and garlic and sauté them for about 15 seconds until they're just slightly caramelized. Once they're ready, add your minced tomatoes and continue sautéing for an additional 30 seconds. **Chef's Tip:** This is a great time to preheat your oven to 375 degrees Fahrenheit so it's ready and waiting for your salmon!

Now it's time to add the tomato paste and crushed red pepper, which you're going to sauté for 30 seconds before adding the chicken stock. Allow that to simmer until it's reduced to one-third in volume, which should only take about 60 to 90 seconds. Once it's properly reduced, add the heavy cream and then bring it all to a boil. Once it's boiling, reduce the heat to medium and add your perfectly cooked orzo pasta.

All you have to do now is allow that to simmer for about one minute until it's slightly thickened, then stir in the freshly grated Parmesan and sliced spinach. Season it all to taste with salt and pepper before folding in the parsley – which is just a fancy way of saying to gently mix one ingredient into another by turning one part over the other!

3. Salmon Fillets the Italian Way

It's finally time for the star of the show, [Omaha Steaks Marinated Salmon Fillets](#). Since your oven is already preheating, you can get started by adding olive oil to a large cast-iron pan and bringing it to medium-high heat. Once properly heated, place your marinated salmon fillets in the pan and cook them for one minute on one side. Then flip the fillets and place the pan in your preheated oven.

You're going to cook the salmon for four to five minutes, or until their internal temperature reaches 145 degrees Fahrenheit as per a meat thermometer. Once you've reached this perfect doneness, it's time to plate! Start by spooning one serving of your sun-dried tomato orzo pasta onto each plate, then top the pasta with a salmon fillet, drizzle with your homemade chive cream, and enjoy!



Omaha Steaks
Marinated Salmon
Fillets 4 Pieces 6 oz
Per Piece

#1417WCV

\$44.99 | save 50%

Add



Omaha Steaks Taste
of the Sea Assortment
#69352WCV

- Marinated Salmon Fillets
- Faroe Islands Salmon Fillets
- Scarlet Snapper Fillets
- Wild Argentinian Red Shrimp
- Wild Alaskan Skin-On Sockeye Salmon

\$229.99 | save 42%

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Omaha Steaks
Salmon Sampler
#76953WCV

- Marinated Salmon Fillets
- Lemon Dill Salmon Fillets
- Faroe Islands Salmon Fillets

\$139.99 | save 46%

Add

Pan-Seared Marinated Salmon With Sun-Dried Tomato Orzo Pasta

Packed with a vast array of complementary flavors this recipe is sure to satisfy your cravings.

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Main Course Servings: 4 servings Author: Chef David Rose



Print Recipe

Ingredients

Chive Cream

- 1 cup sour cream
- 2 tablespoons chives, freshly minced
- 2 teaspoons Worcestershire sauce
- 2 teaspoons rice wine vinegar
- 2 teaspoons lemon juice
- 2-4 dashes hot sauce
- 1/2 teaspoon garlic powder
- Salt
- Pepper

Sun-Dried Tomato Orzo Pasta

- 12 oz. orzo pasta, cooked al dente
- 1 cup spinach, finely sliced
- 1/2 cup yellow onion, small diced
- 3 oz. sun-dried tomatoes, finely minced
- 3/4 cup chicken stock
- 1 1/2 cups heavy cream
- 3/4 cup Parmesan cheese, freshly grated
- 4 tablespoons olive oil
- 2 tablespoons Italian parsley, chopped
- 3 garlic cloves, thinly sliced
- 1 teaspoon tomato paste
- 1/4 teaspoon crushed red pepper
- Salt
- Pepper

Pan-Seared Marinated Salmon

- 4 6 oz. [Omaha Steaks Marinated Salmon Fillets](#)
- 2 tablespoons olive oil
- Prepared sun-dried tomato orzo pasta
- Prepared chive cream

Instructions

Chive Cream

1. Add all ingredients to a small bowl, whisk until well incorporated, and season to taste with salt

and pepper.

Sun-Dried Tomato Orzo Pasta

1. Add olive oil to large cast-iron pan and bring to medium-high heat.
2. Sauté onions and garlic until slightly caramelized, about 15 seconds; add minced tomatoes and sauté for additional 30 seconds.
3. Add tomato paste and crushed red pepper and sauté for 30 seconds, then add chicken stock and simmer until reduced to 1/3 in volume, about 60 to 90 seconds.
4. Add heavy cream and bring to boil, then reduce to medium heat.
5. Add cooked orzo pasta, simmer until slightly thickened, about 1 minute, then stir in Parmesan and spinach, season to taste with salt and pepper, and fold in parsley.

Pan-Seared Marinated Salmon

1. Preheat oven to 375 degrees Fahrenheit.
2. Add olive oil to large cast-iron pan and bring to medium-high heat.
3. Place salmon in pan, cook for 1 minute on one side, flip, and then place pan in preheated oven.
4. Cook salmon for 4-5 minutes, or until internal temperature reaches 145 degrees Fahrenheit as per a meat thermometer.
5. Plating: Spoon serving of sun-dried tomato orzo pasta onto plate, top with salmon, and drizzle with chive cream.

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