

# Lemon-Butter Seared Salmon

*with Creamy Barley & Eight-Ball Squash Salad*

For this seasonal, elegant dish, we're making a creamy, warm grain salad with hearty spinach and Eight-Ball squash, a specialty, spherical zucchini. We're topping our salad with salmon, lightly basted with butter and finished with lemon juice for delicious succulence. A garnish of feathery, sweet dill adds a final, sophisticated touch to this bright dish.

## Blue Apron Wine Pairings

Asilomar Trail Riesling, 2014

Le Pont Vers Le Bar Chinon, 2015



## Ingredients

- 2 Skin-On Salmon Fillets
- ½ Cup Pearled Barley
- 4 Ounces Spinach
- 2 Cloves Garlic
- 1 Eight-Ball Squash
- 1 Lemon
- 1 Bunch Dill

## Knick Knacks

- 2 Tablespoons Butter
- ¼ Cup Sour Cream

**Makes:** 2 servings | **Calories:** about 775 per serving

**Prep Time:** 10 minutes | **Cook Time:** 30–40 minutes



1



## Cook the barley:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook 25 to 27 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Peel and mince the garlic. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Medium dice the squash. Pick the dill leaves off the stems; discard the stems.

3



## Cook & drain the spinach:

While the barley continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **spinach** and **lemon zest**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the spinach has wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer the drained spinach to a cutting board and finely chop. Wipe out the pan.

4



## Cook the squash:

While the barley continues to cook, in the pan used to cook the spinach, heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened. Transfer to a bowl. Wipe out the pan.

5



## Cook the salmon:

While the barley continues to cook, pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down; cook 3 to 5 minutes on the first side, or until browned. Flip and add the **butter**; cook, spooning the butter over the fillets, 2 to 4 minutes, or until cooked to your desired degree of doneness. Remove from heat. Stir in the **juice of 2 lemon wedges**; season with salt and pepper to taste.

6



## Finish the salad & plate your dish:

While the salmon cooks, to the pot of cooked barley, add the **sour cream**, **chopped spinach**, **cooked squash**, **half the dill** and the **juice of the remaining lemon wedges**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Divide the finished salad and **cooked salmon fillets** between 2 dishes. Top with a few spoonfuls of the **lemon butter**. Garnish with the **remaining dill**. Enjoy!