

# Paprika & Fennel-Spiced Salmon

*with Spinach, Carrots & Khorasan Wheat*

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Tonight's easy, quick-cooking recipe is rich with seasonal flavors. Our sautéed carrots and spinach lend delicious sweetness to warm khorasan wheat—an ancient grain with a nutty taste and texture much like that of farro. Served on top, crispy-skinned salmon, seasoned with warming spices, is perfectly complemented by dollops of a cooling, fresh chive-infused sauce.



#### BLUE APRON WINE PAIRING:

Fabre Minervois, 2015

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## Ingredients



4  
SKIN-ON SALMON  
FILLETS



6 oz  
SEMI-PEARLED  
KHORASAN  
WHEAT



6 oz  
SPINACH



2  
CARROTS



1  
MEYER LEMON



1  
RED ONION



1 bunch  
CHIVES

#### KNICK KNACKS:



3 Tbsp  
ROASTED  
ALMONDS



2 Tbsp  
CRÈME FRAÎCHE



1 Tbsp  
SALMON SPICE  
BLEND



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## 1 Prepare the ingredients:

- ☒ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Peel the carrots; thinly slice on an angle.
- ☐ Peel and thinly slice the onion.
- ☐ Roughly chop the spinach.
- ☐ Quarter and deseed the lemon.
- ☐ Thinly slice the chives.
- ☐ Roughly chop the almonds.

## 2 Cook the khorasan wheat:

- ☐ Add the **khorasan wheat** to the pot of boiling water and cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly and set aside in a warm place.

## 3 Cook the vegetables:

- ☐ While the khorasan wheat cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and **onion**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until softened.
- ☐ Add the **spinach** and the **juice of 3 lemon wedges**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the spinach has wilted.
- ☐ Transfer to a large bowl; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 4 Make the sauce:

- ☐ While the vegetables cook, in a bowl, combine the **crème fraîche**, **half the chives**, **the juice of the remaining lemon wedge** and a drizzle of olive oil; season with salt and pepper to taste. Transfer to a serving dish.

## 5 Coat & cook the salmon:

- ☐ While the khorasan wheat continues to cook, place the **spice blend** on a plate. Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the skinless sides of the seasoned fillets in the spice blend (tapping off any excess). Transfer to a separate plate.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the coated fillets, skin sides down, and cook 4 to 5 minutes on the first side, or until crispy. Flip and cook 1 to 2 minutes, or until browned and cooked to your desired degree of doneness. Remove from heat.

## 6 Finish & serve your dish:

- ☐ Add the **almonds** and **cooked khorasan wheat** to the bowl of **cooked vegetables**; stir to combine. Season with salt and pepper to taste.
- ☐ Divide between 4 plates. Top with the **cooked salmon fillets**. Garnish with the **remaining chives**. Serve with the **sauce** on the side. Enjoy!

