

# Tangelo & Honey-Glazed Salmon

*with Farro, Apple & Crispy Rosemary*

In the cooler months, we love using unique, peak-season citrus to brighten up hearty meals. The tangy-sweet glaze for tonight's salmon is made from honey and tangelo—a deliciously juicy cross between a tangerine and a grapefruit. To complement the salmon and nutty farro (tossed with sautéed apple), we're topping the dish with pan-fried rosemary, which adds a layer of woodsy flavor and crispy texture.

## Blue Apron Wine Pairings

Clayhouse Wines Chardonnay, 2015  
Starmont Chardonnay, 2014



## Ingredients

- 2 Skin-On Salmon Fillets
- $\frac{3}{4}$  Cup Semi-Pearled Farro
- 2 Scallions
- 1 Apple
- 1 Tangelo
- 1 Bunch Rosemary

## Knick Knacks

- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon Honey

**Makes:** 2 servings

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes

# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/1120](https://blueapron.com/recipes/1120)

1



## Cook the farro:

Heat a large pot of salted water to boiling on high. Once boiling, add the **farro** and cook, uncovered, 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Pick the rosemary leaves off the stems; discard the stems. Peel, core and medium dice the apple. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Halve the tangelo and squeeze the juice into a bowl, straining out the seeds.

3



## Fry the rosemary:

While the farro 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 **rosemary** and cook, stirring frequently, 1 to 2 minutes, or until crispy and fragrant. Leaving the oil in the pan, transfer the fried rosemary to a paper towel-lined plate.

4



## Cook the apple:

Add the **apple** and **white bottoms of the scallions** to the pan of reserved oil; season with salt and pepper. Cook on medium-high, stirring frequently, 3 to 4 minutes, or until slightly softened and fragrant. Transfer to the pot of **cooked farro**. Stir to combine and season with salt and pepper to taste. Wipe out the pan.

5



## Cook & glaze the salmon:

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, and cook 4 to 5 minutes on the first side, or until browned and the skin is crispy. Flip and add the **tangelo juice, honey and 2 tablespoons of water**. Cook, occasionally spooning the glaze over the fillets, 2 to 3 minutes, or until the salmon is coated and cooked to your desired degree of doneness.

6



## Finish the farro & plate your dish:

Stir the **vinegar** and a drizzle of olive oil into the pot of **cooked farro and apple**; season with salt and pepper to taste. Divide the finished farro between 2 dishes. Top with the **glazed salmon fillets**. Drizzle with any remaining glaze from the pan. Garnish the salmon with the **fried rosemary** and **green tops of the scallions**. Enjoy!