

# Tangelo & Honey-Glazed Salmon

with Farro, Apple & Crispy Rosemary

PREP TIME: 10 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

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 the juice of a tangelo—a delicious 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 woody flavor and crispy texture.



#### BLUE APRON WINE PAIRING:

Clayhouse Wines Chardonnay, 2015

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## Ingredients



2  
SKIN-ON SALMON  
FILLETS



2  
SCALLIONS



2/3 cup  
SEMI-PEARLED  
FARRO

#### Did You Know?

*Semi-pearled grains have part of their bran removed, helping them cook faster.*



1  
APPLE



1  
TANGELO



1 bunch  
ROSEMARY

#### KNICK KNACKS:



1 Tbsp  
APPLE CIDER  
VINEGAR



1 Tbsp  
HONEY



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### 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.
- Drain thoroughly and return to the pot. Set aside in a warm place.

### 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:

- While the farro continues to cook, 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 the fillets and add the **tangelo juice**, **honey** and **2 tablespoons of water** (be careful, as the liquid may splatter). 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. Turn off the heat.

### 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!