

# Salmon Piccata

with Orzo & Broccoli

**PREP TIME:** 10 minutes

**COOK TIME:** 15-25 minutes

**SERVINGS:** 4

We're making a traditional piccata tonight, a simple Italian sauce that combines briny capers, rich butter and tangy lemon juice. It creates a deliciously bright accent for our crispy-skinned salmon fillets. A bed of orzo (a variety of pasta with a rice-like shape) tossed with tender broccoli and a bit of smooth crème fraîche comes together with the salmon for the perfect, wholesome bite.



#### BLUE APRON WINE PAIRING:

Feudo Palo Fiano, 2016

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## Ingredients



4  
SKIN-ON SALMON  
FILLETS



1/2 lb  
ORZO PASTA



1  
LEMON



1 lb  
BROCCOLI

#### KNICK KNACKS:



3 Tbsp  
ROASTED  
ALMONDS



1 Tbsp  
CAPERS



2 Tbsp  
BUTTER



2 Tbsp  
CRÈME FRAÎCHE

#### Did You Know?

Capers are hand-picked, which is why the smaller the caper, the more expensive it is.



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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.
- ☐ Cut the broccoli into florets.
- ☐ 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.
- ☐ Roughly chop the almonds.

## 2 Cook the broccoli:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until slightly softened.
- ☐ Add **¼ cup of water** and cook, stirring occasionally, 1 to 2 minutes, or until the broccoli has softened and the water has cooked off.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 3 Cook the pasta:

- ☐ While the broccoli cooks, add the **pasta** to the pot of boiling water. Cook, uncovered, 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Drain thoroughly and return to the pot.

## 4 Start the salmon:

- ☐ Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned fillets, skin sides down. Cook 4 to 5 minutes on the first side, or until the skin is lightly browned and crispy. Flip the salmon fillets.

## 5 Make the sauce & finish the salmon:

- ☐ Add the **butter, capers and the juice of 2 lemon wedges** to the pan. Cook, occasionally spooning the sauce over the salmon fillets, 1 to 2 minutes, or until the salmon is cooked to your desired degree of doneness.
- ☐ Turn off the heat and stir in **the juice of the remaining lemon wedges**.

## 6 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked broccoli, lemon zest, crème fraîche** and a drizzle of olive oil; stir to thoroughly combine and season with salt and pepper to taste.
- ☐ Divide the finished pasta between 4 dishes. Top with the **finished salmon fillets and sauce**. Garnish with the **almonds**. Enjoy!

