

Sweet & Savory Glazed Fish

over Barley, Snow Peas & Mushrooms

WW™ APPROVED
DIABETES FRIENDLY

🕒 30-40 MINS | 2 SERVINGS

You'll give flaky fish fillets a flavorful lift by basting them in the pan with a rich glaze of maple syrup, rice vinegar, and miso paste—a staple of Japanese cuisine made from fermented soybeans. It all comes together over a robust, hearty mix of barley and sautéed vegetables.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



WW | 17 12 7 SmartPoints® value per serving



Scan this barcode in your WW app to track SmartPoints®

Blue Apron, a proud supporter of



Ingredients



2
TILAPIA OR
SKIN-ON SALMON
FILLETS



4 oz
CREMINI
MUSHROOMS



1 Tbsp
SWEET WHITE
MISO PASTE



1 1/2 Tbsps
MAPLE SYRUP OR
SPICY MAPLE
SYRUP



1 Tbsp
SESAME OIL



2 Tbsps
COCONUT
AMINOS*

Did You Know?
This salty-sweet
sauce, made from
fermented coconut
blossom nectar, is
used like soy sauce.



1/2 cup
PEARLED BARLEY



1
PERSIAN
CUCUMBER



2 cloves
GARLIC



1 Tbsp
RICE VINEGAR



4 oz
SNOW PEAS



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* seasoning sauce



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

To learn more about WW and SmartPoints visit ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.



To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Cook the barley:

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley**. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the ingredients & make the glaze:

- Meanwhile, wash and dry the fresh produce.
- Halve the **cucumber** lengthwise, then thinly slice crosswise. Place in a bowl; add **half the vinegar** and season with salt and pepper. Stir to combine.
- Cut the **mushrooms** into bite-sized pieces.
- Halve the **snow peas** crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **miso paste, maple syrup, remaining vinegar, and 2 tablespoons of water**.

3 Cook the vegetables:

- In a medium pan (nonstick, if you have one), heat **half the sesame oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **halved peas, chopped garlic, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **coconut aminos**. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to a bowl; cover with foil to keep warm. Wipe out the pan.

4 Cook & glaze the fish:

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat the **remaining sesame oil** on medium-high until hot.
- Add the **seasoned fish** (if you received salmon, start skin-side up). Cook 3 to 5 minutes on the first side.
- Flip and cook 1 to 2 minutes, or until lightly browned. Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.**
- Turn off the heat.

5 Finish the barley & serve your dish:

- Add the **cooked vegetables** to the pot of **cooked barley**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **glazed fish** (including any glaze from the pan). Garnish with the **dressed cucumber** (including any liquid). Enjoy!



**An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)* Calories: 630, Total Carbohydrates: 59g, Dietary Fiber: 10g, Added Sugar: 13g, Total Fat: 27g, Saturated Fat: 5g, Protein: 38g, Sodium: 1360mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron LLC New York, NY 10005

Share your photos with #blueapron