

Pan-Seared Cod & Creamy Romesco Sauce

over Vegetable Barley

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



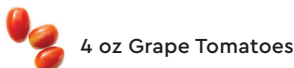
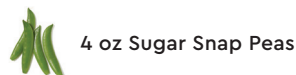
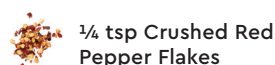
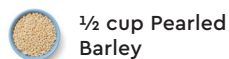
 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients



SWAPPED FOR:



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



7 6 2

SmartPoints® value per serving
(as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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

1. contains almonds

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

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** and cook, uncovered, 28 to 30 minutes, or until tender.
- Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Pull off and discard the tough string that runs the length of each **snap pea** pod; halve crosswise.
- In a bowl, combine the **romesco sauce** and **fromage blanc**; season with salt and pepper.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **tomatoes** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly softened and blistered.
- Add the **sliced white bottoms of the scallions**, **halved peas**, 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, 3 to 4 minutes, or until the vegetables are softened.
- Add the **verjus** (carefully, as the liquid may splatter). Cook, stirring frequently and gently pressing the tomatoes with the back of a spoon, 1 to 2 minutes, or until thoroughly combined.
- Transfer to a large bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **oregano**.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 2 to 3 minutes per side, or until lightly browned and cooked through.*
- Turn off the heat.



5 CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Turn off the heat.

5 Finish the barley & serve your dish

- To the bowl of **cooked vegetables**, add the **cooked barley** and **2 teaspoons of olive oil**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked fish** and **creamy romesco sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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