

Smooth Salmon & Homemade BBQ Sauce

with Roasted Vegetable, Romaine & Kale Salad

4 SERVINGS

40-50 MINS

 Blue Apron

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Ingredients

-  4 Skin-On Salmon Fillets
-  ½ lb Grape Tomatoes
-  ¾ lb Carrots
-  1 Red Onion
-  1 Romaine Lettuce Heart
-  1 bunch Kale
-  1 Lemon
-  ½ cup Plain Nonfat Greek Yogurt
-  1 oz Sweet Piquante Peppers
-  2 tsps Date Syrup
-  2 Tbsps Tomato Paste
-  1 Tbsp Dijon Mustard
-  2 Tbsps Vegetarian Worcestershire Sauce
-  1 Tbsp Southern Spice Blend¹
-  1 Tbsp Barbecue Spice Blend²

1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
2. Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder & Light Brown Sugar

What feeds your soul?

This hearty, colorful dish showcases a homemade barbecue sauce sweetened with date syrup and celebrates Disney and Pixar's *Soul*. Inspire a love of wholesome ingredients in your kids with this special recipe—and **check out *Soul* streaming December 25 on Disney+.**

#letsblueapron
#pixarsoul



SmartPoints® value per serving (as packaged)*



Scan this barcode in your WW app to track SmartPoints. 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) to coat your pan before heating instead of olive oil (1 SmartPoint per teaspoon).

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1 Prepare the ingredients & make the dressing

- Preheat the oven to 450°F. Wash and dry the fresh produce. Line two sheet pans with foil.
- Separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves. Place in a large bowl.
- Quarter and deseed the **lemon**.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Halve and peel the **onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Roughly chop the **lettuce**.
- Roughly chop the **peppers**.
- In a bowl, combine $\frac{3}{4}$ of the **yogurt**, **1 teaspoon of the Southern spice blend**, and **1 tablespoon of water**. Season with salt and pepper.



COOKING WITH KIDS?
Let them help by massaging the kale and making the BBQ sauce.

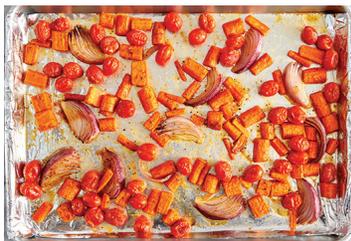
2 Marinate the kale

- To the bowl of **sliced kale**, add the **juice of 2 lemon wedges** and **1 tablespoon of olive oil**; season with salt and pepper. Using your hands, vigorously massage the kale 1 to 2 minutes, or until slightly softened.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Roast the vegetables

- Meanwhile, transfer the **carrot pieces**, **onion wedges**, and **tomatoes** to one sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt, pepper, and the **remaining Southern spice blend**. Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Leaving the oven on, remove from the oven.



4 Make the BBQ sauce

- Meanwhile, in a bowl, whisk together the **date syrup**, **tomato paste**, **worcestershire sauce**, **mustard**, **barbecue spice blend**, and the **juice of the remaining lemon wedges**; season with salt and pepper.



5 Roast the fish

- Place **half the barbecue sauce** in a medium bowl and set aside for serving.
- Evenly coat the remaining sheet pan with a drizzle of **olive oil**.
- Pat the **fish** dry with paper towels; season on both sides with salt and pepper. Place the seasoned fish on the oiled sheet pan, skin side down. Evenly top with the **remaining barbecue sauce**.
- Roast 15 to 17 minutes, or until the fish is browned and cooked through.* Remove from the oven.



6 Make the salad & serve your dish

- To the bowl of **marinated kale**, add the **chopped lettuce**, **roasted vegetables**, and **dressing**. Season with salt and pepper; toss to thoroughly coat. Taste, then season with salt and pepper if desired.
- To the bowl of **reserved barbecue sauce**, add the **remaining yogurt** and **2 teaspoons of water**. Stir to combine; taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **cooked fish**. Garnish with the **chopped peppers**. Serve the **finished sauce** on the side. Enjoy!



LISTEN UP!
Scan this QR code to cook along to Disney's Jazz playlist, including the new *Soul* soundtrack. Interested in more 'Soul-ful' fun? Visit blog.blueapron.com to learn more.



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 510, Total Carbohydrates: 33g, Dietary Fiber: 8g, Added Sugars: 6g, Total Fat: 26g, Saturated Fat: 5g, Protein: 37g, Sodium: 1150mg.

**For information about our wellness labels visit us at blueapron.com/wellness.

*SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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