Crispy Skin Salmon

with Couscous, Tomatoes & Tzatziki

2 SERVINGS | 20-30 MINS

Blue Apron
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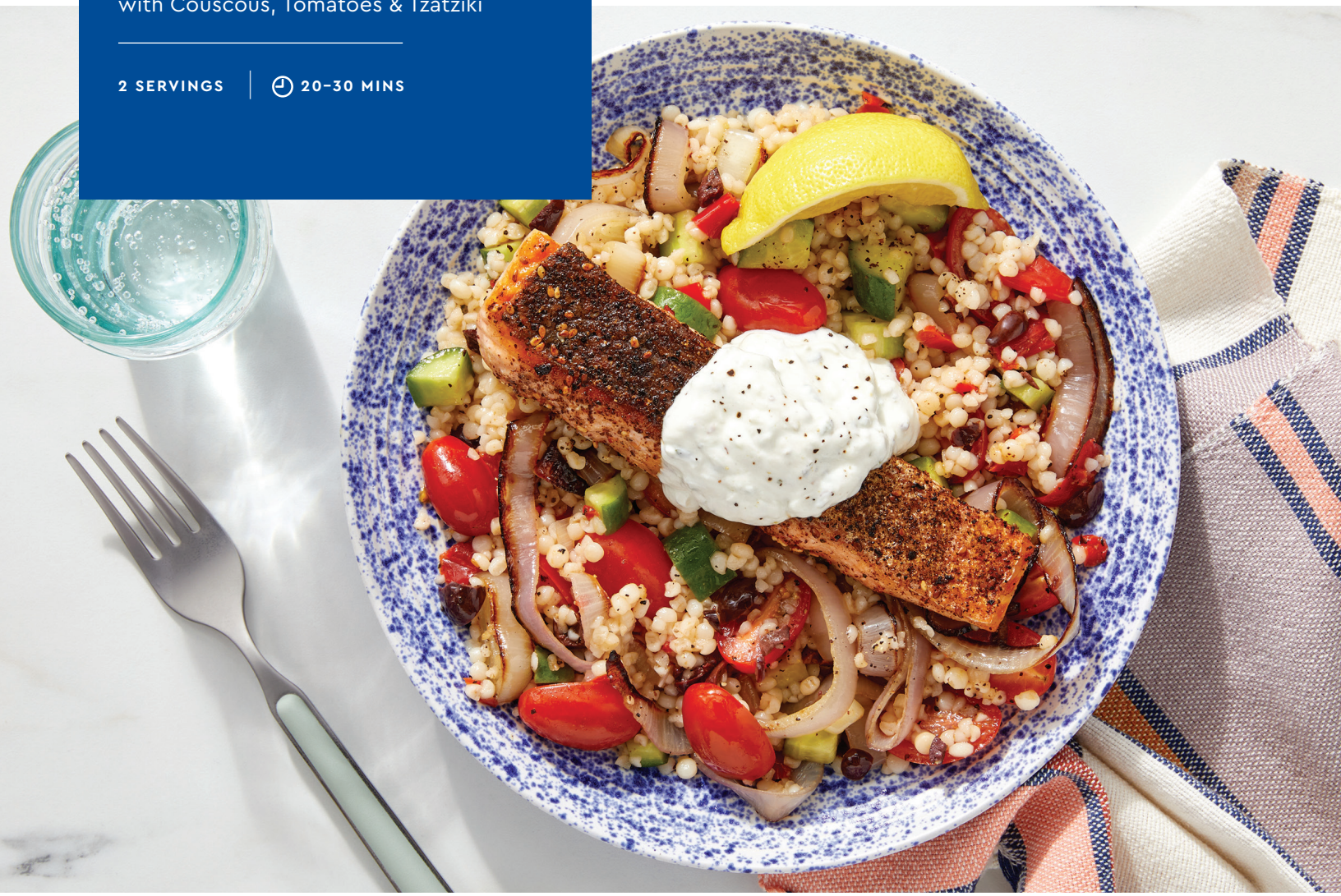

Ingredients

- 2 Skin-On Salmon Fillets
- 1 Red Onion
- 1 oz Pickled Goathorn Peppers
- 1 Tbsp Za'atar Seasoning[2]
- ½ cup Pearl Couscous
- 4 oz Grape Tomatoes
- 1 oz Pitted Niçoise Olives
- 1 Persian Cucumber
- 1 Lemon
- ½ cup Tzatziki[1]

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

WW | 15 10 10
SmartPoints® value per serving (as packaged)

6 44216 08175 2

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) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Cucumber-yogurt sauce 2. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Prepare the ingredients

- Fill a medium ¾ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **onion**; cut crosswise into ½-inch rounds, keeping the layers intact.
- Medium dice the **cucumber**.
- Halve the **tomatoes**.
- Roughly chop the **peppers** and **olives**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **diced cucumber**, **halved tomatoes**, **chopped peppers and olives**, and **the juice of 2 lemon wedges**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Cook the fish & onion

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side down, and the **onion rounds** in an even layer. Cook 5 to 7 minutes, or until the salmon skin is browned and crispy and the onion is lightly charred.
- Flip the fish and onion rounds. Cook 1 to 2 minutes, or until the fish is browned and cooked through* and the onion is softened.
- Turn off the heat.

3 Cook the couscous

- Meanwhile, add the **couscous** to the pot of boiling water. Cook, uncovered, 5 to 7 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Drizzle with **olive oil** and stir to combine.

4 Finish the couscous & serve your dish

- Transfer the **cooked onion** and **marinated vegetables** (including any liquid) to the pot of **cooked couscous**.
- Add a drizzle of **olive oil** and season with salt and pepper; stir to combine and separate the onion layers.
- Taste, then season with salt and pepper if desired.
- Serve the **finished couscous** topped with the **cooked fish** and **tzatziki**. Serve the **remaining lemon wedges** on the side. Enjoy!

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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.
Food safety handling information: blog.blueapron.com/foodsafety

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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