

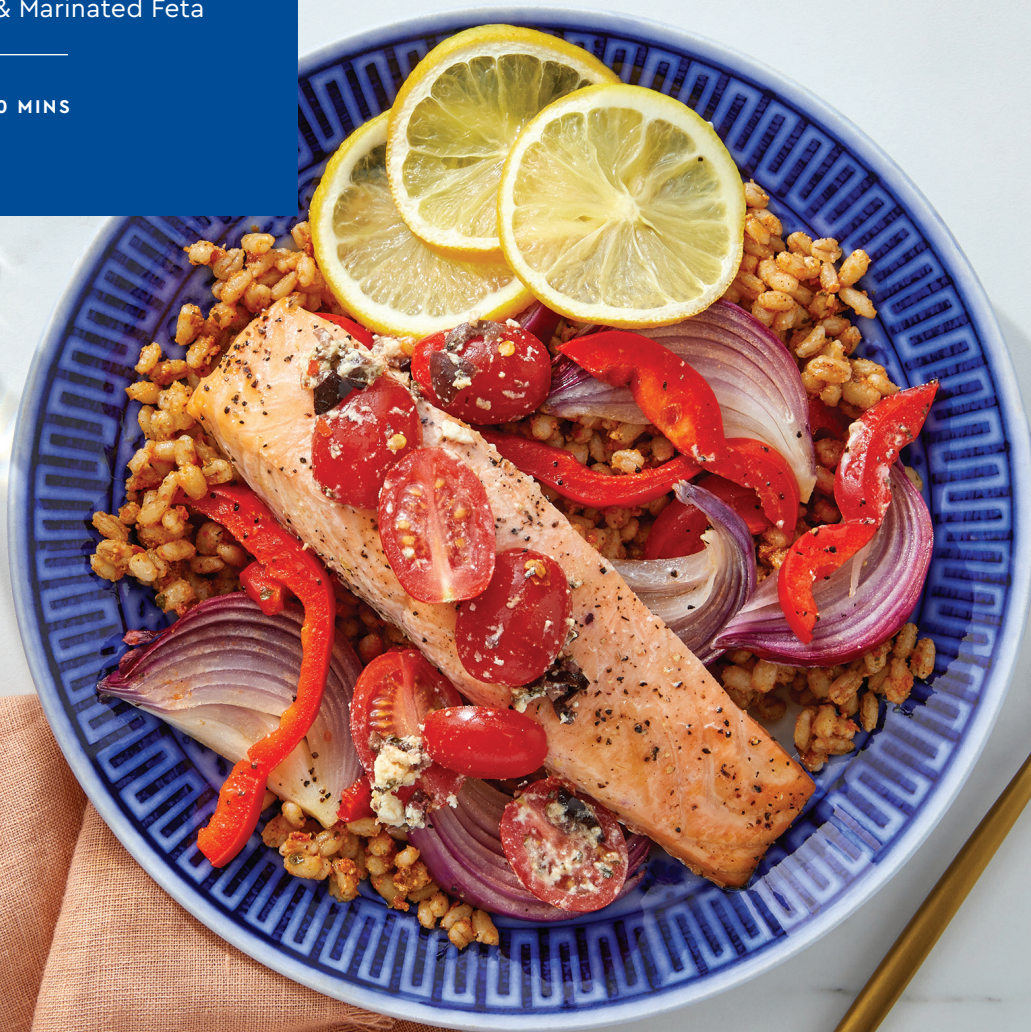
Lemon-Roasted Salmon & Vegetables

with Romesco Barley & Marinated Feta

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Skin-On Salmon Fillets



1 Red, Yellow, or Orange Bell Pepper



1 oz Pitted Niçoise Olives



¼ tsp Crushed Red Pepper Flakes



½ cup Pearled Barley



4 oz Grape Tomatoes



3 Tbsps Romesco Sauce¹



1 tsp Whole Dried Oregano



1 Red Onion



1 Lemon



1 ½ oz Feta Cheese



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



14 9 5

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

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¹. contains almonds

1 Cook the barley

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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** to the pot. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients & marinate the feta

- Meanwhile, wash and dry the fresh produce.
- Halve and peel the **onion**; cut into $\frac{1}{2}$ -inch-wide wedges, keeping the layers intact.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve the **tomatoes**.
- Roughly chop the **olives**.
- Halve the **lemon** crosswise. Thinly slice one half into rounds, discarding the seeds. Squeeze the juice of the remaining half into a medium bowl, straining out the seeds.
- To the bowl of **lemon juice**, add the **oregano**, a drizzle of **olive oil**, 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; whisk to thoroughly combine. Add the **cheese** (crumbling before adding) and stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.



3 Roast the fish & vegetables

- Place the **onion wedges** and **sliced pepper** in a baking dish. Drizzle with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place on top of the **seasoned vegetables**, skin side down. Evenly top the fish with the **sliced lemon**.
- Roast 12 to 17 minutes, or until the vegetables are tender when pierced with a fork and the fish is cooked through.*
- Remove from the oven.



4 Finish & serve your dish

- Meanwhile, to the bowl of **marinated feta**, add the **halved tomatoes** and **chopped olives**; stir to combine. Taste, then season with salt and pepper if desired.
- To the pot of **cooked barley**, add the **romesco sauce**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **dressed barley** topped with the **roasted fish and vegetables**. Top the fish with the **finished feta**. Serve the **roasted lemon slices** 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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