

# Crispy Skin Salmon

with Salsa Verde & Farro Salad

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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## Ingredients

 2 Skin-On Salmon Fillets

 1 Red Onion

 1/3 cup Salsa Verde

 1/4 tsp Crushed Red Pepper Flakes

 1/2 cup Semi-Pearled Farro

 1 Lemon

 1 oz Castelvetro Olives

 2 cloves Garlic

 1 Zucchini

 1 1/2 Tbsps Golden Raisins



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



17 12 7

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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Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**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 Cook the farro

- 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 **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Place the **raisins** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Halve, peel, and thinly slice the **onion**.
- Medium dice the **zucchini**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **olives**.
- Using a zester or the small side of a box grater, zest the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.



### 3 Cook the vegetables

- Drain the **rehydrated raisins**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **diced zucchini, 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, 3 to 4 minutes, or until the vegetables are browned and softened.
- Turn off the heat. Stir in the **drained raisins** and **chopped olives**.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



### 4 Cook the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on **medium** until hot.
- Add the **seasoned fish**, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*



### 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked vegetables, lemon zest**, and the **juice of 2 lemon wedges**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked fish**. Drizzle with the **salsa verde**. 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://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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