

Za'atar-Spiced Barramundi

with Farro-Zucchini Salad & Pink Lemon Yogurt Sauce

TIME: 35-45 minutes

SERVINGS: 4

In this Middle Eastern-inspired recipe, barramundi seasoned with za'atar pairs perfectly with a tender squash and warm grain salad. It all comes together with dollops of yogurt sauce, brightened with the juice of a pink lemon.



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Ingredients



4
SKIN-ON
BARRAMUNDI
FILLETS



¾ cup
SEMI-PEARLED
FARRO



3 oz
RADISHES



2 Tbsps
PICKLED
PERUVIAN
PEPPERS



1
PINK LEMON



1 clove
GARLIC



½ cup
PLAIN GREEK
YOGURT



2
ZUCCHINI



1 Tbsp
ZA'ATAR
SEASONING*

* Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper



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1 Cook the farro:

- ☐ Heat a medium pot of salted water 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:

- ☐ While the farro cooks, wash and dry the fresh produce.
- ☐ Quarter and deseed the **lemon**.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Halve the **zucchini** lengthwise, then cut crosswise into 1/4-inch-thick pieces.
- ☐ Cut off and discard the ends of the **radishes**; halve lengthwise, then thinly slice crosswise. Place in a bowl and drizzle with olive oil; season with salt and pepper.



3 Make the yogurt sauce:

- ☐ While the farro continues to cook, in a bowl, combine the **yogurt**, the **juice of 2 lemon wedges**, as much of the **garlic paste** as you'd like, and a drizzle of olive oil. Season with salt and pepper to taste.

4 Cook the zucchini:

- ☐ While the farro continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **zucchini pieces** and **up to half the za'atar seasoning**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to a bowl and cover with aluminum foil to keep warm. Wipe out the pan.



5 Cook the fish:

- ☐ Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and as much of the **remaining za'atar seasoning** as you'd like.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fish, skin side down. Cook 4 to 5 minutes on the first side, or until lightly browned and crispy. Flip and cook 2 to 3 minutes, or until cooked through. Turn off the heat.



6 Make the salad & serve your dish:

- ☐ While the fish cooks, to the pot of **cooked farro**, add the **cooked zucchini**, **seasoned radishes**, **peppers**, the **juice of the remaining lemon wedges**, and a drizzle of olive oil; season with salt and pepper. Stir to combine. Season with salt and pepper to taste.
- ☐ Serve the **cooked fish** over the salad. Serve the **yogurt sauce** on the side. Enjoy!