

Seared Salmon & Salsa Verde

*with Sweet Piquante Pepper
& Farro Salad*

TIME: 30-40 minutes

SERVINGS: 2

Simple pan-seared salmon gets a fresh lift from Italian salsa verde—a traditional condiment of parsley, capers, garlic, and more. It's the perfect match for a hearty salad of warm farro tossed with sautéed kale and tangy-sweet pickled peppers.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



1 10-oz
SKIN-ON
SALMON FILLET



1 bunch
KALE



½ cup
SEMI-PEARLED
FARRO



1 clove
GARLIC



1
PINK LEMON



1 bunch
PARSLEY

KNICK KNACKS:



1 Tbsp
CAPERS



¼ tsp
CRUSHED RED
PEPPER FLAKES



1 oz
RED OR GOLDEN
SWEET PIQUANTE
PEPPERS



Download our iOS or Android app to watch how-to videos, manage your account, and track your deliveries.



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.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.
- ☐ Finely chop the **parsley** leaves and stems. Roughly chop the **capers**. Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Quarter and deseed the **lemon**.
- ☐ Roughly chop the **peppers**.



3 Cook the kale:

- ☐ While the farro continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- ☐ Add **¼ cup of water** 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, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- ☐ Transfer to a bowl and cover with aluminum foil to keep warm. Wipe out the pan.



4 Cook the fish:

- ☐ Pat the **fish** dry with paper towels. Transfer to a cutting board, skin side down. Cut into 2 equal-sized pieces; 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, skinless side down. Loosely cover the pan with aluminum foil and cook 4 to 5 minutes on the first side, or until lightly browned.
- ☐ Flip and cook 3 to 4 minutes, or until lightly browned and cooked through. Turn off the heat.

5 Make the salsa verde:

- ☐ While the fish cooks, in a bowl, combine the **chopped parsley and capers, the juice of 2 lemon wedges, 2 tablespoons of olive oil, and as much of the garlic paste as you'd like**. Stir to combine; season with salt and pepper to taste.



6 Finish the farro & serve your dish:

- ☐ While the fish continues to cook, to the pot of **cooked farro**, add the **cooked kale, chopped peppers, the juice of the remaining lemon wedges, and a drizzle of olive oil**. Stir to combine; season with salt and pepper to taste.
- ☐ Serve the **cooked fish** and finished farro with the **salsa verde** on the side. Enjoy!