

Honey-Yuzu Salmon

with Mushroom & Squash Quinoa

2 SERVINGS

30-40 MINS

 Blue Apron

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

 2 Skin-On Salmon Fillets 

SWAPPED FOR:

 10 oz Sea Scallops 

 1 Delicata Squash

 1 Tbsp Yuzu Kosho

 1 Tbsp Togarashi Seasoning²

 ½ cup Tricolor Quinoa

 2 cloves Garlic

 1 Tbsp Honey

 3 Tbsp Roasted Peanuts

 4 oz Mushrooms

 2 Scallions

 2 Tbsp Coconut Aminos¹

 1 oz Sweetened Toasted Coconut Chips



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



15 14 9

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.

SmartPoints reflect the **customized version** of this recipe and may differ depending on your chosen ingredients

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the quinoa

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 **quinoa** to the pot and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare & roast the squash

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into $\frac{1}{2}$ -inch pieces.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Turn to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Prepare the remaining ingredients & make the sauce

- Meanwhile, cut the **mushrooms** into bite-sized pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Roughly chop the **peanuts**.
- In a bowl, combine the **chopped peanuts, coconut chips, and togarashi**.
- In a separate bowl, combine the **yuzu kosho, coconut aminos, and honey** (kneading the packet before opening).



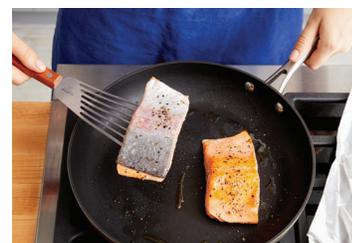
4 Cook the mushrooms

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Transfer to the pot of **cooked quinoa**; add the **roasted squash**. Stir to combine.
- Wipe out the pan.



5 Cook the salmon

- Pat the **salmon** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned salmon, 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.*
- Turn off the heat.



↻ CUSTOMIZED STEP 5 *If you chose Scallops*

- Pat the **scallops** dry with paper towels. Using your hands, remove and discard the tough side muscle from each scallop. Season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 4 to 5 minutes, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Turn off the heat.

6 Finish the quinoa & serve your dish

- To the pot of **cooked quinoa and vegetables**, add **half the sauce**.
- Serve the **finished quinoa** topped with the **cooked salmon and remaining sauce**. Garnish with the **peanut-coconut topper** and **sliced green tops of the scallions**. Enjoy!



↻ CUSTOMIZED STEP 6 *If you chose Scallops*

- Finish the quinoa and serve your dish as directed with the **cooked scallops** (instead of salmon).

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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.

Blue Apron, LLC, New York, NY 10005

Share your photos with #blueapron

