

Seared Salmon & Walnut-Cilantro Sauce

with Vegetable Barley

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*



2 Skin-On Salmon Fillets



1 Red Onion



¼ cup Cilantro Sauce



½ cup Pearled Barley



½ oz Pickled Peppadew Peppers



¼ cup Roasted Walnuts



1 Bell Pepper



2 Tbsps Dried Currants



1 Tbsp Smoky Spice Blend¹



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



11-17

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 11-17 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

¹ Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the barley

- 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** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Roughly chop the **pickled peppers**.
- Roughly chop the **walnuts**; place in a bowl. Add the **cilantro sauce** and stir to combine. Taste, then season with salt and pepper if desired.



3 Cook the vegetables

- Once the barley has cooked about 15 minutes, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced onion** and **diced bell pepper**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Transfer to a bowl.
- Wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Season only on the skinless side with enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high 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.*
- Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **chopped pickled peppers**, **currants**, and a drizzle of **olive oil**. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked fish** and **walnut-cilantro sauce**. Enjoy!



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

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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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