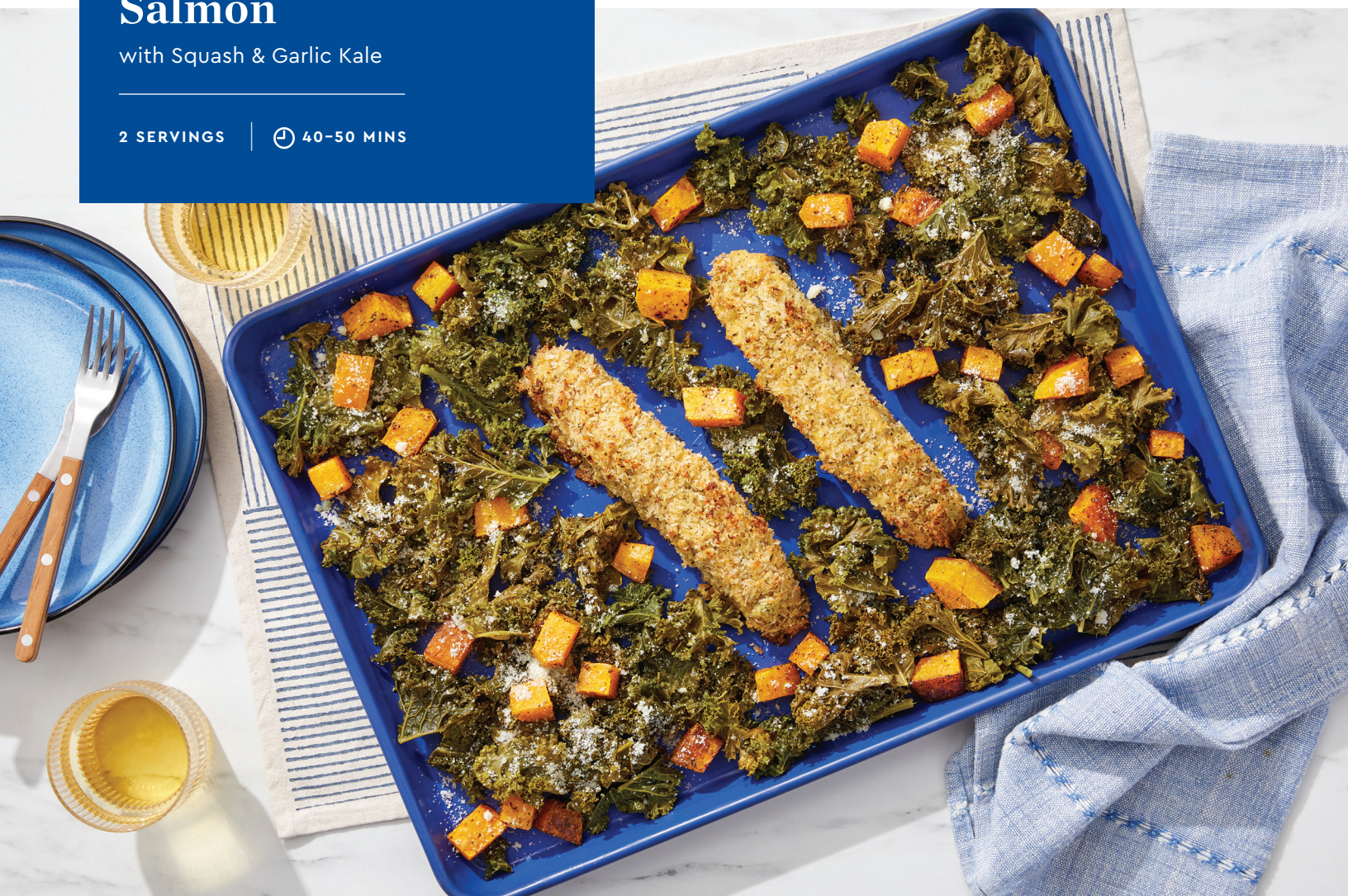


Baked Parmesan & Panko-Crusted Salmon

with Squash & Garlic Kale

2 SERVINGS | 40-50 MINS

 **Blue Apron**
blueapron.com




Ingredients

 2 Skin-On Salmon Fillets


 2 cloves Garlic


 ¼ cup Grated Parmesan Cheese

 ¾ cup Panko Breadcrumbs

 1 Lemon

 1 Tbsp Dijon Mustard

 ½ lb Diced Butternut Squash

 1 bunch Kale

 1 Tbsp Italian Seasoning¹



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



11 5 5

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.

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.

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**. Roughly chop one clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Using a zester or the small size of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.
- To make the breadcrumb topping, in a bowl, combine the **breadcrumbs, garlic paste, lemon zest, half the cheese, half the Italian seasoning, the juice of 2 lemon wedges, and 2 teaspoons of olive oil**. Season with salt and pepper. Stir to thoroughly combine.



2 Prepare the foil packet & roast the kale

- Place a large, rectangular piece of foil on a sheet pan.
- Place the **chopped kale** on one side of the foil. Add the **chopped garlic, 2 teaspoons of olive oil, and 1 tablespoon of water**; season with salt and pepper. Toss to combine.
- Fold the foil in half over the **seasoned kale**. Fold the three open edges inwards to completely seal the packet.
- Roast 17 to 19 minutes, or until the kale is softened.
- Remove from the oven. Carefully open the foil packet and evenly top with **the juice of the remaining lemon wedges**; stir to combine.



3 Start the squash

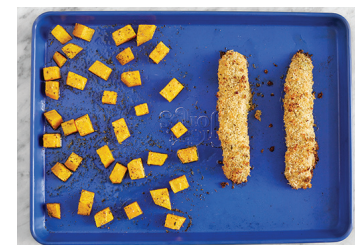
- Place the **squash** on a separate sheet pan. Drizzle with **olive oil**; season with salt, pepper, and the **remaining Italian seasoning**. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes.
- Leaving the oven on, remove from the oven.



For easier cleanup, line your sheet pans with foil.

4 Roast the fish & serve your dish

- Meanwhile, pat the **fish** dry with paper towels.
- Carefully transfer to the other side of the sheet pan of **partially roasted squash**. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- Evenly spread or brush the **mustard** onto the fish, then top with the **breadcrumb topping** (pressing gently to adhere).
- Roast 10 to 13 minutes, or until the squash is browned and tender when pierced with a fork and the fish is cooked through.*
- Remove from the oven.
- Serve the **roasted fish** with the **roasted squash** and **roasted kale**. Garnish the squash and kale with the **remaining cheese**. Enjoy!



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