

F 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





SWAPPED FOR:



2 Skin-On Salmon Fillets 🔄



1 Bell Pepper



1 Tbsp Sesame Oil



1/4 tsp Crushed Red Pepper Flakes



½ cup Pearled Barley



4 oz Mushrooms



1 Tbsp Soy Sauce



1 ½ Tbsps Maple



1 Persian Cucumber



2 cloves Garlic



1 Tbsp Sweet White Miso Paste



1 Tbsp Rice Vinegar



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







SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.





Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations.

To learn more about WW's points program, visit ww.com.
The WW logo, and SmartPoints 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. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

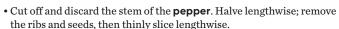
Cook the barley

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the barley. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



Prepare the ingredients & make the glaze

- · Meanwhile, wash and dry the fresh produce.
- Halve the cucumber lengthwise, then thinly slice crosswise. Place in a bowl; add half the vinegar and season with salt and pepper. Stir to combine.
- Cut the mushrooms into bitesized pieces.



- Peel and roughly chop 2 cloves of garlic.
- In a bowl, whisk together the miso paste, maple syrup, remaining vinegar, and 2 tablespoons of water.

3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat half the sesame oil on medium-high until hot.
- Add the mushroom pieces in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the sliced pepper, chopped garlic, 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, 3 to 4 minutes, or until softened.



Step 3 continued:

- Add the soy sauce (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Cook & glaze the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat the remaining sesame oil on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned.



• Add the glaze (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.

CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat the **remaining sesame oil** on <u>medium</u> until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 1 to 2 $\,$ minutes, or until lightly browned.
- Add the glaze (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.

5 Finish the barley & serve your dish

- Add the cooked vegetables to the pot of cooked barley; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished barley topped with the glazed fish (including any glaze from the pan). Garnish with the dressed cucumber. Enjoy!



*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