

# Crispy Skin Salmon

with Salsa Verde & Farro Salad

2 OR 4 SERVINGS

🕒 25-35 MINS



blueapron.com



## Ingredients



2 Skin-On Salmon Fillets or 4 for 4 servings



1 Red Onion or 2 for 4 servings



1 Lemon



¼ tsp Crushed Red Pepper Flakes



½ cup Semi-Pearled Farro or 1 cup for 4 servings



2 cloves Garlic



1 ½ Tbsps Golden Raisins or 3 Tbsps for 4 servings



1 Zucchini or 2 for 4 servings



1 oz Castelvetrano Olives



⅓ cup Salsa Verde



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



10 - 17 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 10-17 Points. Scan the barcode to see yours!

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



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

To learn more about the (NEW!) WW PersonalPoints™ program, visit [www.ww.com](https://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.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

**WW member?** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting PersonalPoints? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [www.ww.com](http://www.ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the farro

- Fill a medium pot *or a large pot if you're cooking 4 servings*  $\frac{3}{4}$  of the way up with salted water; cover and heat 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

- Meanwhile, wash and dry the fresh produce.
- Place the **raisins** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Halve, peel, and thinly slice the **onion**.
- Medium dice the **zucchini**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **olives**.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.



### 3 Cook the vegetables

- Drain the **rehydrated raisins**.
- In a medium pan *or a large pan if you're cooking 4 servings* (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



### Step 3 continued:

- Add the **diced zucchini**, **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 the vegetables are browned and softened.
- Turn off the heat. Stir in the **drained raisins** and **chopped olives**.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.

### 4 Cook the fish

- Pat the **fish** 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 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 farro & serve your dish

- To the pot of **cooked farro**, add the **cooked vegetables**, **lemon zest**, and the **juice of 2 lemon wedges** *or the juice of all 4 lemon wedges if you're cooking 4 servings*; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked fish**. Drizzle with the **salsa verde**. Serve any **remaining lemon wedges** on the side. 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 account at [blueapron.com](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](http://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

[f](#) [t](#) [i](#) [@](#) Share your photos with #blueapron



011722, 2PF/2PRE23