

# Baked Pistachio-Crusted Salmon

with Piccata-Style Rice & Roasted Vegetables

4 SERVINGS | 20-30 MINS

 **Blue Apron**  
blueapron.com



## Ingredients

 4 Skin-On Salmon Fillets

 ½ lb Mushrooms

 ½ lb Grape Tomatoes

 2 Tbsps Mayonnaise

 1 cup Long Grain White Rice

 1 Tbsp Capers

 ¼ cup Panko Breadcrumbs

 2 Tbsps Roasted Pistachios

 1 Red Onion

 1 Lemon

 1 Tbsp Dijonnaise

 1 Tbsp Italian Seasoning<sup>1</sup>



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



**11 - 18** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 11-18 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<sup>™</sup> 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.

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

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

**Hey, Chef!** 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 [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare & roast the vegetables

- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Line two sheet pans with foil.
- Cut the **mushrooms** into bite-sized pieces.
- Halve, peel, and thinly slice the **onion**.
- Transfer the **tomatoes, mushroom pieces, and sliced onion** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat. Arrange in an even layer.
- Place on the upper oven rack and roast 19 to 21 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 2 Prepare & roast the fish

- Meanwhile, finely chop the **pistachios**.
- In a bowl, combine the **chopped pistachios, breadcrumbs, and 1 tablespoon of olive oil**. Season with salt and pepper.
- Evenly coat the remaining sheet pan with a drizzle of **olive oil**.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.



### Step 2 continued:

- Place the **seasoned fish** on the oiled sheet pan, skin side down. Evenly top the fish with the **dijonnaise** and **pistachio-breadcrumb mixture** (pressing to adhere).
- Place on the lower oven rack and roast 12 to 15 minutes, or until lightly browned and the fish is cooked through.\*
- Remove from the oven.

## 3 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, combine the **rice, a big pinch of salt, and 2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## 4 Finish the rice & serve your dish

- Meanwhile, using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons. Quarter and deseed the lemon.
- To the pot of **cooked rice**, add the **capers, lemon zest, mayonnaise, and the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **roasted vegetables** and **finished rice**. Serve the **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.

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