

Crispy Skin Salmon

with Salsa Verde & Farro Salad

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Skin-On Salmon Fillets



2 cloves Garlic



1 Lemon



¼ tsp Crushed Red Pepper Flakes



½ cup Semi-Pearled Farro



1 Zucchini



1 ½ Tbsps Golden Raisins



1 Red Onion



1 oz Castelvetrano Olives



⅓ cup Salsa Verde



Serve with Blue Apron wine that has this symbol
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!



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.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- 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 **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 (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.
- Rinse and 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**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked fish** (skin side up). Drizzle with the **salsa verde**. 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 or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: 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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