

Sheet Pan Cajun-Spiced Salmon

with Roasted Potatoes, Asparagus &
Garlic-Chive Dressing

4 SERVINGS

35-45 MINS

 **Blue Apron**
blueapron.com



 IF 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

 4 Skin-On Salmon Fillets 

SWAPPED FOR:

 1 Pork Roast 

 1 bunch Chives

 ¼ cup Sour Cream

 1 Tbsp Hot Sauce

 ¾ lb Asparagus

 1 clove Garlic

 1 bunch Thyme

 ¼ cup Buttermilk

 1 Tbsp Cajun Spice Blend¹

 1 ¼ lbs Potatoes

 1 Lemon

 1 Tbsp Light Brown Sugar

 2 Tbsps Mayonnaise

 1 Tbsp Weeknight Hero Spice Blend²



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



6-15

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 6-15 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. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

Learn more at 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.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Snap off and discard the tough, woody stem ends of the **asparagus**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Thinly slice the **chives**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **Cajun spice blend** and **sugar**.



↔ ADDITIONAL STEP *If you chose Pork*

- Place the **prepared asparagus** in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Pat the **pork** dry with paper towels; season with salt and pepper on all sides. Place on one side of a sheet pan.
- Roast 26 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **seasoned asparagus** to the other side of the sheet pan of **partially roasted pork**; arrange in an even layer. Carefully sprinkle the **Cajun-sugar mixture** onto the pork.
- Return to the oven and roast 10 to 12 minutes for medium (the center may still be slightly pink), or until the pork is cooked to your desired degree of doneness* and the asparagus is tender when pierced with a fork.
- Remove from the oven. Carefully transfer the **roasted pork** to a cutting board. Let rest at least 5 minutes. Once rested, find the lines of muscle (or grain) on the pork; thinly slice crosswise against the grain.
- Evenly top the **roasted asparagus** with the **juice of 2 lemon wedges**.

2 Roast the potatoes

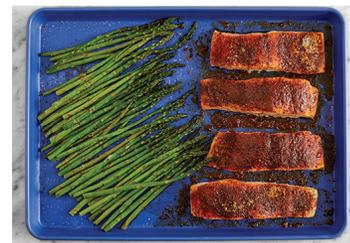
- Transfer the **diced potatoes** to a sheet pan.
- Drizzle with **olive oil** and season with salt, pepper, and **half the weeknight hero spice blend**. Add the **whole thyme sprigs** and toss to coat. Arrange in an even layer.
- Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven; carefully discard the thyme sprigs.



For easier cleanup, line your sheet pans with foil.

3 Roast the asparagus & fish

- Meanwhile, place the **asparagus** on a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Transfer to the other side of the sheet pan of **seasoned asparagus**, skin side down. Top the fish with the **Cajun-sugar mixture**.
- Roast 12 to 14 minutes, or until the asparagus is tender when pierced with a fork and the fish is browned and cooked through.*
- Remove from the oven. Evenly top the **roasted asparagus** with the **juice of 2 lemon wedges**.



↔ SKIP STEP 3 *If you chose Pork*

4 Make the dressing & serve your dish

- Meanwhile, in a bowl, combine the **sour cream, mayonnaise, buttermilk, hot sauce, half the sliced chives, remaining weeknight hero spice blend, and as much of the garlic paste as you'd like**. Season with salt and pepper.
- Serve the **roasted fish** with the **roasted potatoes** and **finished asparagus**. Drizzle with the **dressing**. Garnish with the **remaining sliced chives**. Serve the **remaining lemon wedges** on the side. Enjoy!



↔ CUSTOMIZED STEP 4 *If you chose Pork*

- Make the dressing and serve your dish as directed with the **sliced pork** (instead of fish).

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

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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