

Sheet Pan Curry Salmon

with Ponzu-Dressed Sweet Potatoes & Snap Peas

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Skin-On Salmon Fillets



2 Scallions



1 Tbsp Vegetarian Ponzu Sauce



1/4 cup Panko Breadcrumbs



1 lb Sweet Potatoes



1 Lemon



2 Tbsps Mayonnaise



4 oz Sugar Snap Peas



1 Tbsp Yellow Curry Paste



1 Tbsp Sugar



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the dressing

- Arrange two oven racks in the upper and lower thirds of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Cut the white bottoms of the **scallions** into 1-inch pieces, then thinly slice the hollow green tops.
- Pull off and discard the tough string that runs the length of each **snap pea** pod. Place in a bowl. Drizzle with **olive oil** and season with salt and pepper. Stir to coat.
- In a separate bowl, whisk together the **curry paste** and **mayonnaise**; season with salt and pepper.
- To make the dressing, halve the **lemon** crosswise; squeeze the juice into a separate, large bowl, straining out the seeds. Add the **ponzu sauce** and **sugar**; whisk until the sugar has dissolved.



2 Roast the vegetables

- Transfer the **diced sweet potatoes** and **prepared white bottoms of the scallions** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Place on the lower oven rack and roast 20 minutes.



For easier cleanup, line your sheet pans with foil.

Step 2 continued:

- Leaving the oven on, remove from the oven. Carefully add the **seasoned peas** in an even layer.
- Return to the oven and roast 2 to 3 minutes, or until the sweet potatoes are tender when pierced with a fork and the peas are bright green and slightly softened.
- Remove from the oven.

3 Coat & roast the fish

- Meanwhile, pat the **fish** dry with paper towels. Place on a separate sheet pan, skin side down.
- Evenly top with the **curry mayo**, then the **breadcrumbs** (pressing gently to adhere). Drizzle with **olive oil** and season with salt and pepper.
- Place on the upper oven rack and roast, 10 to 13 minutes, or until browned and cooked through.*
- Remove from the oven.



4 Dress the vegetables & serve your dish

- Add the **roasted vegetables** to the bowl of **dressing**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **dressed vegetables**. Garnish the fish with the **sliced green tops of the scallions**. 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.

Blue Apron, LLC, New York, NY 10005

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

