

Crispy Skin Salmon & Vegetable Farro

with Lemon-Parsley Sauce

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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Ingredients

 2 Skin-On Salmon Fillets

 2 cloves Garlic

 1 oz Pickled Peppadew Peppers

 ½ cup Semi-Pearled Farro

 1 bunch Parsley

 1 Tbsp Capers

 6 oz Asparagus

 1 Lemon

 ¼ tsp Crushed Red Pepper Flakes



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

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"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.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Finely chop the **parsley** leaves and stems.
- Roughly chop the **capers**.
- Quarter and deseed the **lemon**.
- Roughly chop the **peppers**.



3 Cook the asparagus

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until lightly browned and slightly softened.
- Add the **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. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Turn off the heat.
- 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 Make the sauce

- Meanwhile, in a bowl, combine the **chopped parsley, chopped capers, the juice of 2 lemon wedges, 2 tablespoons of olive oil, and as much of the garlic paste as you'd like**. Stir to combine.
- Taste, then season with salt and pepper if desired.



6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked asparagus, chopped peppers, the juice of the remaining lemon wedges, and a drizzle of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish**, skin side up, over the **finished farro**. Top with the **sauce**. Enjoy!



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

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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

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