

Crispy Skin Salmon

with Salsa Verde & Farro Salad

4 SERVINGS

⌚ 25-35 MINS



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

 4 Skin-On Salmon Fillets 

SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 1 oz Castelvetrano Olives

 1/3 cup Salsa Verde

 1 cup Semi-Pearled Farro

 1 Red Onion

 1 Lemon

 1/4 tsp Crushed Red Pepper Flakes

 2 Zucchini

 2 cloves Garlic

 3 Tbsps Golden Raisins

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

 **8 - 14** PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 8-14 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.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints[™] program, visit 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. peeled & deveined
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- Fill a large 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 **onions**.
- 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 2 teaspoons. Halve the lemon crosswise; squeeze the juice into a bowl, straining out the seeds.



3 Cook the vegetables

- Drain the **rehydrated raisins**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- 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.
- Wipe out the pan.



4 Cook the salmon

- Pat the **salmon** 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 salmon, 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.



↻ CUSTOMIZED STEP 4 *If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque 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 **lemon juice**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **cooked salmon** (skin side up) over the **finished farro**. Drizzle with the **salsa verde**. Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Shrimp*

- Finish the farro and serve your dish as directed with the **cooked shrimp** (instead of salmon).

*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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