

F 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

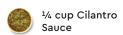
Customized ingredients



SWAPPED FOR:









½ cup Pearled Barley



4 oz Grape Tomatoes



1 oz Sliced Pickled Jalapeño Pepper



2 Tbsps Roasted **Pistachios**



1 Bell Pepper



1 Lime



2 Tbsps Dried Currants



1 Tbsp Cajun Spice Blend1







PersonalPoints range per serving

Now your Points value is personalized to YOU! It could be between 7-9 Points. Scan the barcode to see yours!



Scan this barcode

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.} Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper

^{*}Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? 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."

Cook the barley

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the barley and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the chimichurri

- · Meanwhile, wash and dry the fresh produce.
- Place the currants in a bowl; cover with hot water. Set aside to rehydrate at least 10 minutes.
- Cut off and discard the stem of the bell pepper. Halve lengthwise; remove the ribs and seeds, then medium dice.



- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the tomatoes.
- Quarter the lime.
- Roughly chop the pistachios.
- Roughly chop the jalapeño pepper. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the cilantro sauce, the juice of 2 lime wedges, and as much of the chopped jalapeño pepper as you'd like, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high
- Add the diced bell pepper and sliced white bottoms of the scallions in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until browned.



Step 3 continued:

- Add the halved tomatoes; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened.
- Transfer to a bowl; cover with foil to keep warm.
- · Wipe out the pan.

4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.*
- Turn off the heat.



- Pat the **fish** dry with paper towels. Season on both sides with salt and pepper. Season only on the skinless side with enough of the spice blend to coat (you may have extra).
- 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 barley & serve your dish

- To the pot of cooked barley, add the cooked vegetables, rehydrated currants (draining before adding), and 1 tablespoon of olive oil. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished barley topped with the cooked fish and chimichurri. Garnish with the
- chopped pistachios and sliced green tops of the scallions. Serve the remaining lime wedges on the side. Enjoy!



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



