Baked Pistachio-Crusted Salmon
with Piccata-Style Rice & Roasted Vegetables

4 SERVINGS  20–30 MINS

Ingredients

- 4 Skin-On Salmon Fillets
- ¼ lb Mushrooms
- ½ lb Grape Tomatoes
- 2 Tbsps Mayonnaise
- 1 cup Long Grain White Rice
- 1 Tbsp Capers
- ¼ cup Panko Breadcrumbs
- 2 Tbsps Roasted Pistachios
- 1 Red Onion
- 1 Lemon
- 1 Tbsp Dijonnaise
- 1 Tbsp Italian Seasoning

Cook along on the app

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
Prepare & roast the vegetables

1. Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
2. Wash and dry the fresh produce.
3. Cut the mushrooms into bite-sized pieces.
4. Halve, peel, and thinly slice the onion.
5. Transfer the tomatoes, mushroom pieces, and sliced onion to a sheet pan. Drizzle with olive oil and season with salt, pepper, and the Italian seasoning. Toss to coat. Arrange in an even layer.
6. Place on the upper oven rack and roast 19 to 21 minutes, or until the vegetables are browned and tender when pierced with a fork.
7. Remove from the oven.

Prepare & roast the fish

2. Meanwhile, finely chop the pistachios.
3. In a bowl, combine the chopped pistachios, breadcrumbs, and 1 tablespoon of olive oil. Season with salt and pepper.
4. Evenly coat a separate sheet pan with a drizzle of olive oil.
5. Pat the fish dry with paper towels. Season with salt and pepper on both sides.
6. Place the seasoned fish on the sheet pan, skin side down. Evenly top the fish with the dijonnaise and pistachio-breadcrumb mixture (pressing gently to adhere).
7. Place on the lower oven rack and roast 12 to 15 minutes, or until lightly browned and the fish is cooked through.*
8. Remove from the oven.

Cook the rice

3. Meanwhile, carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
4. In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
5. Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
6. Turn off the heat and fluff with a fork.

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Finish the rice & serve your dish

4. Meanwhile, using a zester or the small side of a box grater, finely grate the lemon to get 2 teaspoons. Quarter and deseed the lemon.
5. To the pot of cooked rice, add the capers, lemon zest, mayonnaise, and the juice of 2 lemon wedges. Stir to combine. Taste, then season with salt and pepper if desired.
6. Serve the roasted fish with the roasted vegetables and finished rice. Serve the remaining lemon wedges on the side. Enjoy!

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

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.