

# Crispy Skin Salmon

with Salsa Verde & Farro Salad

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients



4 Skin-On Salmon Fillets



2 cloves Garlic



1 Lemon



¼ tsp Crushed Red Pepper Flakes



1 cup Semi-Pearled Farro



1 Red Onion



3 Tbsps Golden Raisins



2 Zucchini



1 oz Castelvetrano Olives



⅓ cup Salsa Verde



Serve with Blue Apron wine that has this symbol  
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"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 **onion**.
- 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

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



#### Step 3 continued:

- 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 **rehydrated raisins** (draining before adding) and **chopped olives**.
- Transfer to a bowl and cover with foil to keep warm.
- 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 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 fish** (skin side up) over the **finished farro**. Drizzle with the **salsa verde**. Enjoy!



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

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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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