

# Garlic-Caper Salmon

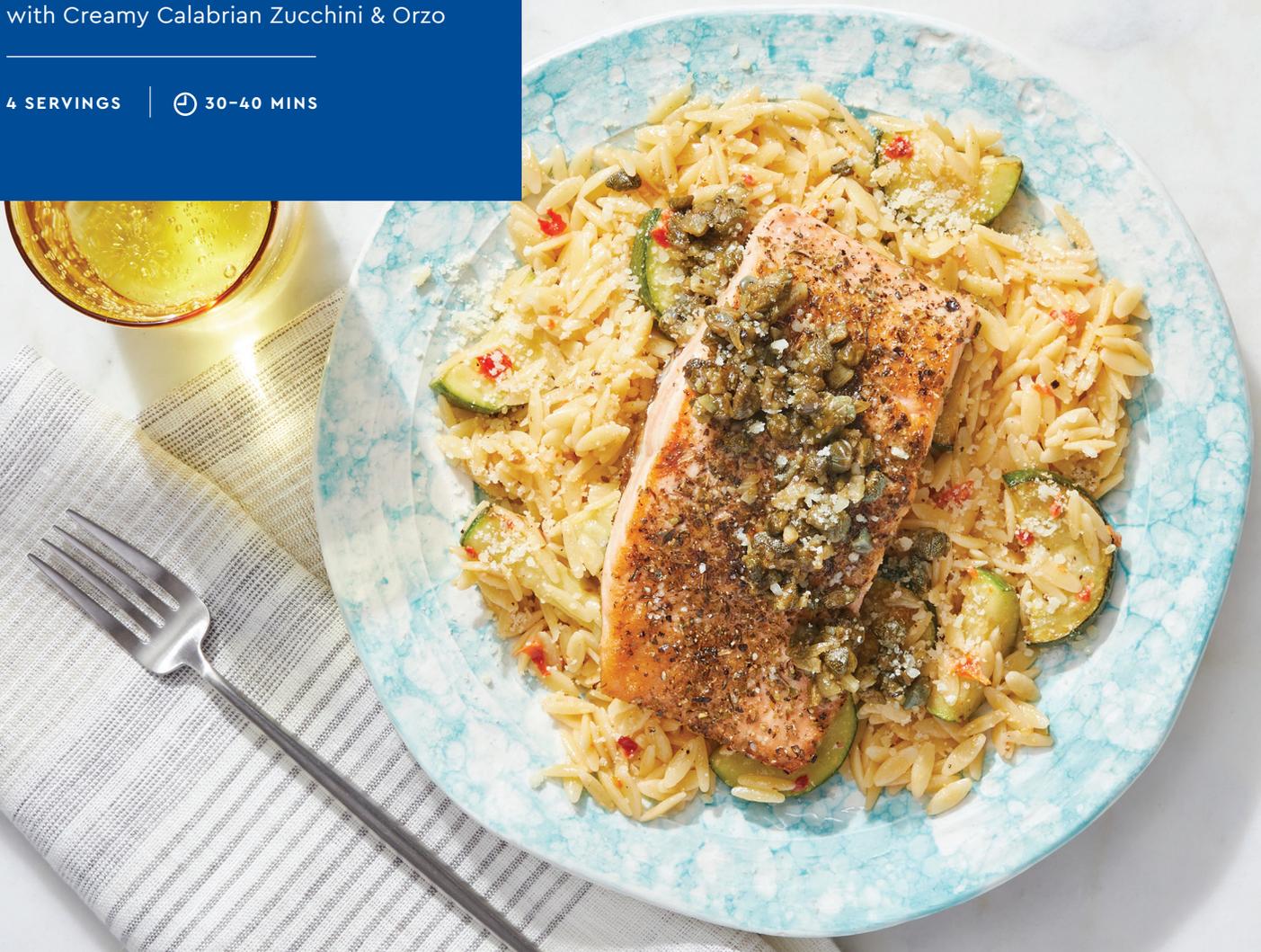
with Creamy Calabrian Zucchini & Orzo

4 SERVINGS

30-40 MINS

 Blue Apron

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## Ingredients\*

Customized ingredients

 4 Skin-On Salmon Fillets 

SWAPPED FOR:

 4 Boneless, Skinless Chicken Breasts 

or

 20 oz Tail-On Shrimp<sup>1</sup> 

 1 Tbsp Italian Seasoning<sup>2</sup>

 ½ lb Orzo Pasta

 2 Zucchini

 2 Tbsps Capers

 ½ cup Cream

 1 Lemon

 2 cloves Garlic

 ¼ cup Grated Parmesan Cheese

 1 Tbsp Calabrian Chile Paste

 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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<sup>1</sup> peeled & deveined <sup>2</sup> Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Roughly chop the **capers**.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter and deseed the **lemon**.



## 2 Cook the pasta

- Add the **pasta** to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



## 3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and the zucchini is softened.
- Transfer to a plate; cover with foil to keep warm.
- Rinse and wipe out the pan.



## 4 Cook the salmon

- Pat the **salmon** dry with paper towels; season with salt and pepper on both sides. Season only on the skinless side with the **Italian seasoning**.
- 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.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 5 CUSTOMIZED STEP 4

*If you chose Chicken*

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **Italian seasoning**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. When cool enough to handle, slice crosswise.

*If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails if desired); place in a large bowl. Season with salt, pepper, and the **Italian seasoning**. Stir to coat.
- 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.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 5 Make the garlic-caper topping

- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped capers** and **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Turn off the heat and carefully stir in the **juice of 2 lemon wedges**.



## 6 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked zucchini**, **cream**, and the **juice of the remaining lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked salmon** over the **finished pasta**. Top the salmon with the **garlic-caper topping**. Garnish with the **cheese**. Enjoy!



## 5 CUSTOMIZED STEP 6

*If you chose Chicken*

- Finish the pasta and serve your dish as directed with the **sliced chicken** (instead of salmon).

*If you chose Shrimp*

- Finish the pasta 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 and 165°F for chicken.

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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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