

Garlic-Caper Salmon

with Roasted Potatoes & Broccoli

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



2 Skin-On Salmon Fillets



2 cloves Garlic



¼ cup Grated Parmesan Cheese



¾ lb Potatoes



1 Tbsp Capers



1 oz Salted Butter



½ lb Broccoli



1 Lemon



1 Tbsp Italian Seasoning¹



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

1. 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

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons. Quarter and deseed the lemon.
- Peel and roughly chop **2 cloves of garlic**.



2 Roast & finish the vegetables

- Line a sheet pan with foil.
- Transfer the **diced potatoes** and **broccoli florets** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat and arrange in an even layer.
- Roast 16 to 20 minutes, or until tender when pierced with a fork.
- Transfer to a bowl; add the **lemon zest** and the **juice of 2 lemon wedges**. Stir to coat. Taste, then season with salt and pepper if desired.



3 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



4 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **butter** and **chopped garlic**. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **capers** and the **juice of the remaining lemon wedges** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **finished vegetables**. Top the fish with the **pan sauce**. Top the vegetables with the **cheese**. Enjoy!



*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.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

