

Ingredients*



4 Skin-On Salmon **Fillets**



1 Red Onion



1 Lemon



2 Tbsps Mayonnaise



¼ cup Panko Breadcrumbs



1/2 lb Mushrooms



1 Tbsp Capers



2 Tbsps Roasted **Pistachios**



1 cup Long Grain White Rice



1/2 lb Grape Tomatoes



1 Tbsp Dijonnaise



1 Tbsp Italian Seasoning¹



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^{1.} Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

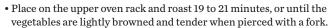
^{*}Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the vegetables

- · Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- · Wash and dry the fresh produce.
- Cut the mushrooms into bite-sized pieces.
- Halve, peel, and thinly slice the onion.
- 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.



• Remove from the oven.

Prepare & roast the fish

- Meanwhile, finely chop the pistachios.
- In a bowl, combine the chopped pistachios, breadcrumbs, and 1 tablespoon of olive oil. Season with salt and pepper.
- Evenly coat a separate sheet pan with a drizzle of olive oil.
- Pat the fish dry with paper towels. Season with salt and pepper on both sides.



Step 2 continued:

- 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).
- Place on the lower oven rack and roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

3 Cook the rice

- Meanwhile, carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
- 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.
- Turn off the heat and fluff with a fork.

4 Finish the rice & serve your dish

- 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.
- 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.



• Serve the roasted fish with the roasted vegetables and finished rice. Serve the remaining lemon wedges on the side, if you'd like. Enjoy!

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



