

Sheet Pan Pistachio-Crusted Salmon

with Piccata-Style Rice &
Roasted Vegetables


4 SERVINGS

⌚ 25-35 MINS

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Ingredients*


 4 Skin-On Salmon Fillets

 1 Red Onion


 1 Lemon


 2 Tbsps Mayonnaise


 ¾ cup Panko Breadcrumbs

 ½ lb Mushrooms


 1 Tbsp Capers

 2 Tbsps Roasted Pistachios

 1 cup Long Grain White Rice

 ½ lb Grape Tomatoes

 1 Tbsp Dijonnaise

 1 Tbsp Italian Seasoning¹



Serve with Blue Apron wine that has this symbol
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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.
- Place on the upper oven rack and roast 19 to 21 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

2 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.

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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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