

# Sheet Pan Curry Salmon

with Ponzu-Dressed Vegetables

2 SERVINGS

⌚ 30-40 MINS



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## Ingredients\*

Customized ingredients

 2 Skin-On Salmon Fillets 

SWAPPED FOR:

 1 Pork Roast 

 2 Scallions

 1 Tbsp Vegetarian Ponzu Sauce

 ¼ cup Panko Breadcrumbs

 1 Bell Pepper

 1 Lime

 1 Tbsp Sugar

 4 oz Brussels Sprouts

 ½ lb Sweet Potato

 2 Tbsps Mayonnaise

 1 Tbsp Yellow Curry Paste



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

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\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the dressing

- Arrange two oven racks in the upper and lower thirds of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Cut the white bottoms of the **scallions** into 1-inch pieces, then thinly slice the hollow green tops.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then slice crosswise into 2-inch pieces.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- In a bowl, whisk together the **curry paste** and **mayonnaise**; season with salt and pepper.
- To make the dressing, halve the **lime** crosswise; squeeze the juice into a separate, large bowl. Add the **ponzu sauce** and **sugar**; whisk until the sugar has dissolved.



### ↔ ADDITIONAL STEP *If you chose Pork*

- Line a sheet pan with foil.
- Pat the **pork** dry with paper towels. Drizzle with **olive oil**; season with salt and pepper on all sides. Turn to coat.
- Transfer to the sheet pan.
- Place on the upper oven rack and roast 22 minutes. Leaving the oven on, remove from the oven.

## 2 Roast the vegetables

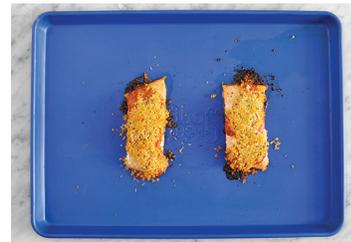
- Transfer the **diced sweet potato, prepared white bottoms of the scallions, pepper pieces, and halved brussels sprouts** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Place on the lower oven rack and roast 20 to 23 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

## 3 Coat & roast the fish

- Meanwhile, pat the **fish** dry with paper towels.
- Place on a separate sheet pan, skin side down.
- Evenly top with the **curry mayo**, then the **breadcrumbs** (pressing gently to adhere). Drizzle with **olive oil** and season with salt and pepper.
- Place on the upper oven rack and roast 10 to 13 minutes, or until browned and cooked through.\*
- Remove from the oven.



### ↔ CUSTOMIZED STEP 3 *If you chose Pork*

- Meanwhile, carefully top the **partially roasted pork** with the **curry mayo** (you'll omit the **breadcrumbs** for pork).
- Return to the upper oven rack and roast 12 to 15 minutes for medium (the center may still be slightly pink), or until the pork is cooked to your desired degree of doneness.\*
- Carefully transfer to a cutting board. Let rest at least 5 minutes.
- Find the lines of muscle (or grain) on the **rested pork**; thinly slice crosswise against the grain.

## 4 Dress the vegetables & serve your dish

- Add the **roasted vegetables** to the bowl of **dressing**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **dressed vegetables**. Garnish the fish with the **sliced green tops of the scallions**. Enjoy!



### ↔ CUSTOMIZED STEP 4 *If you chose Pork*

- Dress the vegetables and serve your dish as directed with the **sliced pork** (instead of fish).

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

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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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