

Ingredients*

Customized ingredients



SWAPPED FOR:









1 cup Semi-Pearled Farro



2 cloves Garlic



1 Lemon



1/4 tsp Crushed Red Pepper Flakes



2 Zucchini



1 Red Onion



3 Tbsps Golden Raisins



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





PersonalPoints" range per serving

Now your Points value is personalized to YOU! It could be between 7-14 Points. Scan the barcode to see yours!



Scan this barcode

Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- Fill a large pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the farro and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- · Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients

- · Meanwhile, wash and dry the fresh produce.
- Place the raisins in a bowl; cover with hot water. Set aside to rehydrate at least 10 minutes.
- · Halve, peel, and thinly slice the onion.
- Medium dice the zucchini.
- Peel and roughly chop 2 cloves of garlic.
- Pit and roughly chop the olives.
- Using a zester or the small side of a box grater, finely grate the lemon to get 2 teaspoons. Halve the lemon crosswise; squeeze the juice into a bowl, straining out the seeds.

3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced onion; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the diced zucchini, chopped garlic, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are browned and softened.
- Turn off the heat. Stir in the rehydrated raisins (draining before adding) and chopped olives.
- Transfer to a bowl and cover with foil to keep warm.
- · Wipe out the pan.



- Pat the salmon dry with paper towels; season with salt and pepper on both sides.
- 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.*





CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- 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.
- Turn off the heat.

5 Finish the farro & serve your dish

- To the pot of cooked farro, add the cooked vegetables, lemon zest, and lemon juice; stir to combine.
- · Taste, then season with salt and pepper if desired.
- Serve the finished farro topped with the cooked salmon (skin side up) and salsa verde. Enjoy!



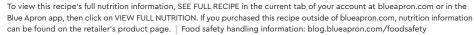


CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the farro 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.





Produced in a facility that processes crustacean shellfish egg, fish, milk, peanuts, soy, tree nuts, and wheat.