

Chimichurri Salmon

with Barley, Pepper & Tomatoes

2 SERVINGS

35-45 MINS



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Ingredients*

 2 Skin-On Salmon Fillets

 ½ cup Pearled Barley

 1 Poblano Pepper

 2 Scallions

 1 oz Sliced Pickled Jalapeño Pepper

 4 oz Grape Tomatoes

 1 Lime

 2 Tbsps Dried Currants

 ¼ cup Cilantro Sauce

 2 Tbsps Raw Pepitas

 1 Tbsp Cajun Spice Blend¹



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



8 Points[™] value per serving



Scan this barcode in your WW app to track Points[™]. Wine is not included in Points[™] as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points[™]) instead of olive oil (1 Points[™] value per teaspoon) to coat your pan before heating.

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1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the barley

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the chimichurri

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- Quarter the **lime**.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Roughly chop the **jalapeño pepper**.
- Thoroughly wash your hands immediately after handling the peppers.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- In a separate bowl, combine the **cilantro sauce**, the **juice of 2 lime wedges**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



3 Toast the pepitas

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas** in an even layer; season with salt and pepper. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- Transfer to a bowl and immediately season with salt.
- Wipe out the pan.



4 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced poblano pepper** and **sliced white bottoms of the scallions** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



5 Cook the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Season only the skinless side with enough of the **spice blend** to coat (you may have extra).
- In the same pan, 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.*
- Turn off the heat.



6 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **rehydrated currants** (draining before adding), and **1 tablespoon of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked fish** and **chimichurri**. Garnish with the **toasted pepitas** and **sliced green tops of the scallions**. Serve the **remaining lime wedges** on the side. Enjoy!



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