

# Seared Salmon & Cilantro Sauce

with Brown Rice, Veggies & Toasted Pepitas

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



4 Skin-On Salmon Fillets



1 1/8 cups Brown Rice



1 Bell Pepper



4 Scallions



2 oz Pickled Peppadew Peppers



1/2 lb Grape Tomatoes



1 Lime



1/4 cup Sour Cream



1/2 cup Cilantro Sauce



3 Tbsps Golden Raisins



2 Tbsps Raw Pepitas



1 Tbsp Cajun Spice Blend<sup>1</sup>



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



13 Points<sup>®</sup> value per serving



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

To learn more about the (NEW!) WW Points<sup>™</sup> program, visit [ww.com](https://ww.com). The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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 rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 ½ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- Roughly chop the **pickled peppers**.
- Quarter the **lime**.
- In a bowl, combine the **cilantro sauce**, **chopped pickled peppers**, and the **juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **sour cream** and **1 tablespoon of water**; season with salt and pepper.



### 3 Toast the pepitas

- In a large 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 cook).
- Transfer to a plate and immediately season with salt.
- Wipe out the pan.



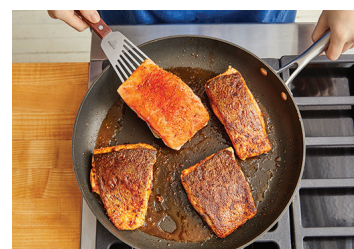
### 4 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced bell 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 the **spice blend**.
- 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 rice & serve your dish

- To the pot of **cooked rice**, add the **cooked vegetables**, **raisins**, and the **juice of the remaining lime wedges**. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked fish** and **cilantro-pepper sauce**. Drizzle with the **sour cream** and garnish with the **toasted pepitas** and **sliced green tops of the scallions**. Enjoy!



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