

# Crispy Skin Salmon & Vegetable Farro

with Lemon-Parsley Sauce

2 SERVINGS

30-40 MINS



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## Ingredients\*

Customized ingredients for vegetarian dish

### OMITTED:

 2 Skin-On Salmon Fillets 

### ADDED:

 2 Pasture-Raised Eggs 

 ½ cup Semi-Pearled Farro

 6 oz Asparagus

 2 cloves Garlic

 1 bunch Parsley

 1 Tbsp Capers

 1 oz Pickled Peppadew Peppers

 1 Lemon

 ¼ tsp Crushed Red Pepper Flakes



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



4 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.

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

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\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



"Alexa, find Blue Apron recipes."

## 1 Cook the farro

- 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 **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.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Finely chop the **parsley** leaves and stems.
- Roughly chop the **capers**.
- Quarter and deseed the **lemon**.
- Roughly chop the **peppers**.



## 3 Cook the asparagus

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until lightly browned and slightly softened.
- Add the **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. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



## 4 Cook the fish

- Pat the **fish** 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 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.



### ↻ CUSTOMIZED STEP 4 *If you chose Vegetarian*

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat. Season with salt and pepper.

## 5 Make the sauce

- Meanwhile, in a bowl, combine the **chopped parsley, chopped capers, the juice of 2 lemon wedges, 2 tablespoons of olive oil, and as much of the garlic paste as you'd like**. Stir to combine.
- Taste, then season with salt and pepper if desired.



## 6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked asparagus, chopped peppers, the juice of the remaining lemon wedges, and a drizzle of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish**, skin side up, over the **finished farro**. Top with the **sauce**. Enjoy!



### ↻ CUSTOMIZED STEP 6 *If you chose Vegetarian*

- Finish the farro and serve your dish as directed with the **cooked eggs** (instead of fish).

\*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, sesame, and wheat.  
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