

# Seared Salmon & Walnut-Cilantro Sauce

with Vegetable Barley

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com






## Ingredients\*

Customized ingredients

 2 Skin-On Salmon Fillets 


SWAPPED FOR:

 10 oz Tail-On Shrimp 


 1/2 cup Pearled Barley

 1 Red Onion

 1 Bell Pepper

 1/2 oz Pickled Peppadew Peppers

 2 Tbsps Dried Currants

 1/4 cup Cilantro Sauce

 1/4 cup Roasted Walnuts

 1 Tbsp Smoky Spice Blend<sup>2</sup>



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



11 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.

To learn more about the (NEW!) WW Points<sup>™</sup> program, visit [www.ww.com](https://www.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. peeled & deveined 2. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder  
\*Ingredients may be replaced and quantities may vary.





"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

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Roughly chop the **pickled peppers**.
- Roughly chop the **walnuts**; place in a bowl. Add the **cilantro sauce** and stir to combine. Taste, then season with salt and pepper if desired.



## 3 Cook the vegetables

- Once the barley has cooked about 15 minutes, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion** and **diced bell pepper**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Transfer to a bowl.
- Wipe out the pan.



## 4 Cook the salmon

- Pat the **salmon** dry with paper towels; season with salt and pepper on both sides. Season only on 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 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.\*
- Turn off the heat.



### ↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired); place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra); toss to coat
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, without stirring, 2 to 3 minutes, or until slightly opaque. Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through.
- Turn off the heat.

## 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **chopped pickled peppers**, **currants**, and a drizzle of **olive oil**. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked salmon** and **walnut-cilantro sauce**. Enjoy!



### ↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the barley 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.

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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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