

# Ingredients\*



4 Skin-On Salmon Fillets



1 cup Semi-Pearled Farro



2 Zucchini



2 cloves Garlic



1 Red Onion



1 oz Castelvetrano Olives



1 Lemon



3 Tbsps Golden Raisins



¹⁄₃ cup Salsa Verde



1/4 tsp Crushed Red Pepper Flakes



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





Points" value per serving



Scan this barcode

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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#### "Alexa, find Blue Apron recipes."

## 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.

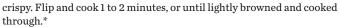


#### Step 3 continued:

- 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.

#### 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





### 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 fish (skin side up) and salsa verde. Enjoy!



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

Produced in a facility that processes crustacean shellfish,



