

Parsley-Caper Salmon

with Sweet Corn & Pesto Farro Salad

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients*



4 Skin-On Salmon Fillets



1 cup Semi-Pearled Farro



1 clove Garlic



2 ears of Corn



1 Tbsp Capers



4 Scallions



½ lb Grape Tomatoes



1 bunch Parsley



1 Tbsp Rice Vinegar



⅓ cup Basil Pesto



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**. Place in a bowl; drizzle with **olive oil** and season with salt and pepper. Stir to coat.
- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **capers**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.



2 Cook the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.



4 Cook the corn & finish the farro

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks). Season with salt and pepper.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the pot of **cooked farro**. Add the **seasoned tomatoes**, **pesto**, **half the vinegar**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.



5 Make the parsley-caper sauce & serve your dish

- In a bowl, combine the **chopped parsley**, **chopped capers**, **sliced white bottoms of the scallions**, **remaining vinegar**, **2 tablespoons of olive oil**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked fish** and **parsley-caper sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.
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