

Tomato-Chipotle Butter Salmon

with Zucchini, Corn & Barley Salad

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients

 4 Skin-On Salmon Fillets 

SWAPPED FOR:

 20 oz Shrimp¹ 

 ¾ cup Pearled Barley

 1 Zucchini

 4 ears Corn

 2 cloves Garlic

 2 Scallions

 1 Lemon

 2 oz Tomato Chipotle Flavored Butter

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¹. peeled & deveined

*Ingredients may be replaced and quantities may vary.

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1 Cook the barley

- Remove the **butter** from the refrigerator to soften.
- 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**. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a large bowl, straining out the seeds.



3 Cook & dress the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **corn kernels, sliced white bottoms of the scallions, and chopped garlic**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Transfer to the bowl of **lemon juice**; toss to coat. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the salmon

- Pat the **salmon** 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 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; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

5 Finish the barley & serve your dish

- To the bowl of **dressed vegetables**, add the **cooked barley, half the softened butter**, 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 **remaining softened butter**. Garnish with the **sliced green tops of the scallions**. 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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