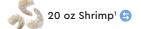




Customized ingredients



SWAPPED FOR:











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- Remove the butter from the refrigerator to soften.
- Fill a medium pot 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.





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.



- 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
- · 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



- 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.

Produced in a facility that processes crustacean shellfish,



