

Pistachio-Crusted Salmon

WW™ APPROVED

with Piccata-Style Rice & Roasted Vegetables

🕒 20-30 MINS | 4 SERVINGS

To complement our rich salmon fillets, we're coating them in creamy mustard sauce and savory pistachio breadcrumbs before baking in the oven until deliciously golden brown. For a twist on a simple side of brown rice, we're calling on the traditional flavors of piccata—an Italian preparation that highlights briny capers and fresh lemon.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



WW | 17 12 6 SmartPoints® value per serving



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Ingredients



4
SKIN-ON SALMON
FILLETS



1 1/8 cups
BROWN RICE



1
LEMON



1 Tbsp
CAPERS



2 Tbsp
MAYONNAISE



1/4 cup
PANKO
BREADCRUMBS



1
RED ONION



1/2 lb
GRAPE TOMATOES



1/2 lb
CREMINI
MUSHROOMS



2 Tbsp
ROASTED
PISTACHIOS



1 Tbsp
CREAMY
MUSTARD SAUCE



1 Tbsp
ITALIAN
SEASONING*

*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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1 Prepare & roast the vegetables:

- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Heat to boiling on high.
- Wash and dry the fresh produce.
- Line two separate sheet pans with foil.
- Cut the **mushrooms** into bite-sized pieces.
- Halve, peel, and thinly slice the **onion**.
- Transfer the **tomatoes, mushroom pieces, and sliced onion** to one sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat. Arrange in an even layer.
- Place on the upper oven rack. Roast 19 to 21 minutes, or until the vegetables are lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare & roast the fish:

- Meanwhile, finely chop the **pistachios**.
- In a bowl, combine the **chopped pistachios, breadcrumbs, and 1 tablespoon of olive oil**. Season with salt and pepper.
- Evenly coat the remaining sheet pan with a drizzle of **olive oil**.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Place the **seasoned fish** on the oiled sheet pan, skin side down. Evenly top the fish with the **creamy mustard sauce and pistachio-breadcrumb mixture** (pressing to adhere).
- Place on the lower oven rack. Roast 14 to 16 minutes, or until lightly browned and the fish is cooked through.** Remove from the oven.



3 Cook the rice:

- Meanwhile, add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.

4 Finish the rice & serve your dish:

- Meanwhile, zest the **lemon** to get 2 teaspoons (if you don't have a zester, use a peeler to remove the yellow rind of the lemon, avoiding the white pith; mince the rind). Quarter and deseed the lemon.
- To the pot of **cooked rice**, add the **capers, lemon zest, mayonnaise, and the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **roasted vegetables** and **finished rice**. Serve the **remaining lemon wedges** on the side. Enjoy!



**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 740, Total Carbohydrates: 59g, Dietary Fiber: 6g, Added Sugar: 0g, Total Fat: 38g, Saturated Fat: 6g, Protein: 38g, Sodium: 820mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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