Coupons will be automatically applied to your account from the day of registration. Discounts are forfeit in any week an order is skipped or paused. Valid for new meal plan subscriptions only. Limit one per household. Cannot be combined with any other offer. Discount will be taken off of the price of the products and does not apply to shipping or tax, except where otherwise indicated. Redeeming this offer results in the purchase of a continuous subscription for which you will automatically receive weekly deliveries billed to your designated payment method until you cancel.

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Pesto Farro Bowls & Parmesan Fried Eggs
with Zucchini, Tomatoes & Calabrian Mayo

35 MIN
+$7.99/serving 4 Servings
Wellness at Blue Apron
Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.
Vegetarian
These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.
Carb Conscious
This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.
Mediterranean Diet
Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.
600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

Wellness Grain

These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.

Pescatarian

These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.

30g Of Protein

These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Keto Friendly

These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).

45g Of Protein

These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Nutritionist's Pick

These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.

Wheat Free

These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.

Reduced Sodium

These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.

Vegan

To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.' Nutrition Facts Panels are available up to 1.5 weeks in advance

Available Options

- Keep it Vegetarian
I don't want to make any changes to my meal View recipe

- add Salmon
add four 5-oz Sustainably Sourced Skin-On Salmon Fillets

add Salmon

From the Test Kitchen

For these hearty grain bowls, you'll top pesto-dressed farro and vegetables with eggs fried on top of piles of parmesan cheese until deliciously crispy. A dollop of spicy Calabrian chile mayo makes for an exciting finish.
CLICK FOR RECIPE CARD

Dietary Information

See nutrition facts for total fat, saturated fat, cholesterol, and sodium information

Carb Conscious 45g Of Protein
Nutrition
PER SERVING

Calories
880 Cals

View Full Nutrition
Download

fresh ingredients

4 Skin-On Salmon Fillets

4 Pasture-Raised Eggs

1 cup Semi-Pearled Farro

2 Zucchini

1 Red Or Yellow Onion

½ lb Grape Tomatoes

2 Bell Peppers

⅓ cup Basil Pesto

½ cup Grated Parmesan Cheese

1 Tbsp Calabrian Chile Paste

¼ cup Mayonnaise

¼ cup Roasted Sunflower Seeds

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Plus, get deliciousness delivered to your inbox—like special offers, new menu items, and more.

Email Unlock recipe

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step-by-step instructions

1 Cook the farro

Fill a medium 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.

2 Prepare the ingredients

Meanwhile, wash and dry the fresh produce. Halve the **zucchini** lengthwise, then cut crosswise into 1/4-inch pieces. Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Halve, peel, and thinly slice the **onion**. Halve the **tomatoes**. In a bowl, combine the **mayonnaise** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

3 Toast the sunflower seeds

In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the **sunflower seeds**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly toasted. Transfer to a bowl. Wipe out the pan.

4 Cook the vegetables

In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **zucchini pieces**, **diced peppers**, and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened. Add the **halved tomatoes**. Cook, stirring occasionally, 1 to 2 minutes, or until combined and slightly softened. Transfer to the pot of **cooked farro**. Cover to keep warm. Wipe out the pan.

5 Cook the salmon

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 crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.* Transfer to a plate, skin side up. Wipe out the pan.
**The USDA recommends a minimum safe cooking temperature of 145°F for fish.*

6 Fry the eggs

In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **parmesan** in four separate piles. Crack the **eggs** on top of the parmesan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set, the yolks are cooked to your desired degree of doneness, and the cheese is crispy. Turn off the heat.

7 Finish the farro & serve your dish

To the pot of **cooked farro and vegetables**, add the **pesto**; stir to combine. Taste, then season with salt and pepper if desired. Serve the **finished farro** topped with the **cooked fish**, **fried eggs** and **Calabrian mayo**. Garnish with the **toasted sunflower seeds**. Enjoy!