

Crispy Cod Teriyaki

with Shiitake Fried Rice

Tonight's dish is all about the sweet, savory flavors of teriyaki sauce—a delicious Japanese glaze popularly served with meat or fish. We're coating flaky cod fillets in rice flour, pan-frying them to create a delicate, crisp crust and covering them with the irresistibly tasty sauce. For a satisfying side, we're taking shiitake mushrooms—dried to preserve their powerful umami notes—and soaking them in a bit of hot water. Finely chopped, they add savory depth to jasmine rice, sautéed with asparagus and a splash of teriyaki.

 **Blue Apron Wine Pairing**
Asilomar Trail Riesling, 2014



Ingredients

4 Cod Fillets
1 Cup Jasmine Rice
2 Scallions
½ Pound Napa Cabbage
½ Bunch Asparagus

Knick Knacks

1 1-Inch Piece Ginger
1 Tablespoon Sesame Oil
¼ Cup Rice Flour
¼ Cup Teriyaki Sauce
¼ Ounce Dried Shiitake Mushrooms

Makes: 4 servings | **Calories:** about 500 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp276

1



Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

2



Prepare the ingredients:

While the rice simmers, wash and dry the fresh produce. In a bowl, combine the mushrooms and **1 cup of hot water**; let stand for at least 10 minutes. Peel and finely chop the ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Snap off and discard the tough, woody stem ends of the asparagus; cut into ½-inch pieces on an angle, keeping the pointed tips intact. Cut out and discard the cabbage core; thinly slice the leaves crosswise.

3



Start the vegetables:

In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **ginger**, **asparagus** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.

4



Finish the vegetables:

While the vegetables cook, thoroughly drain the **mushrooms** and transfer to a cutting board; finely chop. Add the chopped mushrooms and **cabbage** to the pan of vegetables; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the cabbage has wilted.

5



Finish the rice:

Add the **sesame oil**, **cooked rice** and ¼ of the **teriyaki sauce** to the pan of vegetables. Cook, stirring occasionally, 4 to 6 minutes, or until thoroughly combined and heated through. Transfer to a serving dish and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

6



Cook the cod & serve your dish:

Place the **flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the flour (tapping off any excess). In the pan used to finish the rice, heat a thin layer of oil on medium-high until hot. Add the fillets, coated sides down; cook 3 to 5 minutes on the first side, or until golden brown. Flip and add the **remaining teriyaki sauce** and **2 tablespoons of water**. Cook, occasionally spooning the sauce over the fillets, 2 to 3 minutes, or until cooked through. Transfer to a serving dish. Serve with the **finished rice**. Garnish with the **green tops of the scallions**. Enjoy!