

Sesame-Hoisin Salmon & Rice Bowls

with Fairy Tale Eggplants & Sunny Side-Up Eggs

Chefs, tonight we're creating an incredibly satisfying version of a Japanese comfort food classic: "donburi." Much like Spanish paella or Korean bibimbap, it's a hearty rice-based dish, to which delicious toppings are added. Our rice bowls are brimming with a symphony of Asian-inspired flavors, like ginger-sautéed bok choy and pan-seared salmon, flaked and dressed in a savory, sweet and slightly spicy sauce. For a summery touch, we're also including fairy tale eggplant—a petite, creamy variety. Silky fried eggs make the ultimate garnish for these irresistible bowls.

Blue Apron Wine Pairings

Ombra del Tempio Nero d'Avola, 2014
Morgantini Vineyard Pinor Noir, 2014



Ingredients

- 4 Skin-On Salmon Fillets
- 4 Farm Eggs
- 1 Cup Jasmine Rice
- 6 Ounces Baby Bok Choy
- 2 Fairy Tale Eggplants
- 2 Scallions

Knick Knacks

- 3 Tablespoons Rice Vinegar
- 2 Tablespoons Sesame Oil
- 2 Teaspoons Sambal Oelek
- 1 1-Inch Piece Ginger
- 1/3 Cup Hoisin Sauce

Makes: 4 servings | **Calories:** about 790 per serving
Prep Time: 15 minutes | **Cook Time:** 35-45 minutes



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. Cook 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. Set aside in warm place.

2



Prepare the ingredients & make the sauce:

While the rice cooks, wash and dry the fresh produce. Cut off and discard the scallion roots; thinly slice on an angle, separating the white bottoms and green tops. Peel and finely chop the ginger. Cut the eggplants into ¼-inch-thick rounds. Cut off and discard the bok choy root; separate the leaves. In a bowl, combine the **hoisin sauce**, **sesame oil**, **vinegar** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.

3



Cook & dress the salmon:

Pat the **salmon fillets** dry with paper towels; season both sides with salt and pepper. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, skin sides down. Cook 2 to 3 minutes per side, or until browned and cooked through. Transfer to a large bowl; set aside to cool for 5 minutes. Rinse and wipe out the pan. Remove and discard the skin from the fillets; using a fork, flake the fillets into large pieces. Add the **white bottoms of the scallions**, **¼ of the ginger** and **¾ of the sauce**. Toss to coat; season with salt and pepper to taste.

4



Cook the eggplants:

While the salmon cooks, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplants** in a single, even layer; season with salt and pepper. Cook 2 to 3 minutes per side, or until browned and slightly softened. Season with salt and pepper to taste. Transfer to a plate. Wipe out the pan.

5



Cook the bok choy:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **bok choy** and **remaining ginger**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until fragrant and the bok choy leaves are slightly wilted. Transfer to the plate of **cooked eggplants**. Wipe out the pan.

6



Fry the eggs & serve your dish:

In the same pan, heat 1 tablespoon of olive oil on medium until hot. Crack the **eggs** into the pan; season with salt and pepper. Cook 3 to 4 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Remove from heat. Divide the **cooked rice**, **cooked vegetables** and **dressed salmon** between 4 dishes. Drizzle with the **remaining sauce**. Top with the fried eggs. Garnish with the **green tops of the scallions**. Enjoy!