

Sweet & Sour Salmon

with Bok Choy, Carrot & Ginger Fried Rice

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 4

The simple sauce for this takeout-inspired dish combines savory soy, sweet chili and tart lime, for a well-balanced flavor profile that we're highlighting twice. We're using the sauce as a glaze for our pan-seared salmon and also stirring it into our hearty fried rice, made with carrots, bok choy and eggs. (To ensure perfect texture, we're scrambling the eggs on one side of the pan before mixing them in with the rice and vegetables.)



BLUE APRON WINE PAIRING:

Alma Rosa Pinot Noir, 2015

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Ingredients



4
SKIN-ON SALMON
FILLETS



2
CAGE-FREE FARM
EGGS



1 cup
JASMINE RICE



2
CARROTS



2
SCALLIONS



1 lb
BABY BOK CHOY



1
LIME

KNICK KNACKS:



3 Tbsp
SOY GLAZE



1/3 cup
SWEET CHILI
SAUCE



1 1-inch piece
GINGER



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1 Cook the rice:

- In a small 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.
- Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

2 Prepare the ingredients & make the sauce:

- While the rice cooks, wash and dry the fresh produce.
- Peel and finely chop the ginger.
- Cut off and discard the root ends of the bok choy; roughly chop the leaves and stems.
- Peel the carrots; thinly slice into rounds.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Crack the eggs into a bowl; beat until smooth.
- Halve the lime.
- In a bowl, combine the **soy glaze**, **sweet chili sauce** and the **juice of both lime halves**; stir to thoroughly combine. Season with salt and pepper to taste.



3 Cook the vegetables:

- In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- Add the **ginger**, **bok choy**, **carrots** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened and fragrant.



4 Finish the rice:

- Using a spoon, move the **cooked vegetables** to 1 side of the pan. Add 1 teaspoon of olive oil to the other side of the pan; once hot, add the **eggs**. Season with salt and pepper. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until the eggs are cooked through. Stir the vegetables and eggs to thoroughly combine.
- Add the **cooked rice**, **half the sauce** and **¼ cup of water**. Cook, stirring occasionally, 3 to 5 minutes, or until thoroughly combined. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Rinse and wipe out the pan.

5 Cook & glaze the salmon:

- Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned fillets, skin sides down. Cook 4 to 5 minutes on the first side, or until browned.
- Flip and add the **remaining sauce**. Cook, occasionally spooning the sauce over the fillets, 2 to 3 minutes, or until the salmon is coated and cooked to your desired degree of doneness. Remove from heat.



6 Serve your dish:

- Transfer the **glazed salmon fillets** to the serving dish of **finished rice**. Top with any remaining sauce from the pan. Garnish with the **green tops of the scallions**. Enjoy!