

# Seared Salmon & Lemon-Ginger Sauce

*with Carrots, Peas, & Rice*

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 4

A bright, aromatic sauce of lemon and ginger elevates seared salmon in this recipe. For an equally elegant accompaniment, we're cooking peas and carrots with lemon, honey, and butter, then folding them into rice along with pea tips—the pea plant's delicate, delicious leaves. (Holding off on adding the pea tips until the end preserves their fresh flavor and texture.)



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## Ingredients



4  
SKIN-ON SALMON  
FILLETS



$\frac{3}{4}$  cup  
LONG GRAIN  
WHITE RICE



6  
CARROTS



4 oz  
ENGLISH PEAS



2 cloves  
GARLIC



1  $\frac{1}{2}$  oz  
PEA TIPS



1  
LEMON



1 bunch  
CHIVES

## KNICK KNACKS:



4 Tbsp  
BUTTER



1 1-inch piece  
GINGER



1 Tbsp  
HONEY



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## 1 Prepare the ingredients:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the carrots and cut into 1/2-inch pieces on an angle.
- ☐ Shell the peas.
- ☐ Peel and roughly chop the garlic.
- ☐ Quarter and deseed the lemon.
- ☐ Peel and finely chop the ginger.
- ☐ Roughly chop the pea tips.
- ☐ Thinly slice the chives.

## 2 Cook the rice:

- ☐ In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 1/2 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 rice is tender and the water has been absorbed. Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

## 3 Start the vegetables:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 7 to 8 minutes, or until lightly browned and softened.

## 4 Finish the vegetables:

- ☐ Add the **peas** and **garlic** to the pan; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened.
- ☐ Turn off the heat and add **half the honey** (kneading the packet before opening), **half the butter**, and the **juice of 1 lemon wedge**. Stir to combine.
- ☐ Transfer to the pot of **cooked rice**. Stir to combine; season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.

## 5 Cook 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, skinless side down. Cook 4 to 5 minutes on the first side, or until lightly browned.
- ☐ Flip and cook 1 to 2 minutes, or until lightly browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.

## 6 Make the sauce & serve your dish:

- ☐ Add the **ginger** to the pan of reserved fond. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **juice of the remaining lemon wedges**, the **remaining butter**, the **remaining honey**, and **2 tablespoons of water**. Cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat. Season with salt and pepper to taste.
- ☐ Stir the **pea tips** into the pot of **cooked rice and vegetables**. Divide the finished rice and vegetables and **cooked salmon fillets** among 4 dishes. Top the salmon with the sauce. Garnish with the **chives**. Enjoy!

