

Seared Barramundi & Ginger Rice

with Bok Choy & Black Garlic Soy Sauce

TIME: 30-40 minutes

SERVINGS: 4

The crispy skin on our seared barramundi fillets perfectly complements the fluffy jasmine rice in tonight's dish. We're cooking the rice with a bit of ginger for an aromatic lift, then seasoning it with nutty sesame oil and subtly sweet mirin—a type of Japanese rice wine. Sautéed bok choy, corn, and bell pepper make for a delicious accompaniment. On the side, we're serving soy sauce seasoned with black garlic—a special, carefully aged garlic with smoky sweetness—perfect for drizzling.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



4
SKIN-ON
BARRAMUNDI
FILLETS



1 cup
JASMINE RICE



2 ears of
CORN



1
GREEN BELL
PEPPER



3/4 lb
BABY BOK CHOY



1 bunch
CILANTRO

KNICK KNACKS:



2 Tbsps
BUTTER



1 1-inch piece
GINGER



1/4 cup
THICK SOY SAUCE



2 cloves
BLACK GARLIC



2 Tbsps
MIRIN



1 Tbsp
SESAME OIL



1 Tbsp
RICE VINEGAR



Download our iOS app or log in to blueapron.com for how-to videos and supplier stories.



1 Make the ginger rice:

- ☐ Peel and finely chop the **ginger**.
- ☐ In a small pot, combine the **rice**, ginger, 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. Stir in the **sesame oil** and **mirin**. Season with salt and pepper to taste.

2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the remaining fresh produce.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Remove and discard the corn husks and silks. Cut the corn kernels off the cobs; discard the cobs.
- ☐ Cut off and discard the pepper stem. Halve the pepper lengthwise, then remove and discard the ribs and seeds. Thinly slice the pepper lengthwise.
- ☐ Cut off and discard the root ends of the bok choy; separate the leaves.
- ☐ Peel and roughly chop the black garlic.

3 Cook the vegetables:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **corn** and **pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **bok choy**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- ☐ Transfer to a bowl. Season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.

4 Cook the barramundi:

- ☐ Pat the **barramundi 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 side down. Cook 3 to 4 minutes on the first side, or until the skin is lightly browned and crispy.
- ☐ Flip and add the **butter**. Cook, occasionally spooning the butter over the fillets, 1 to 2 minutes, or until thoroughly coated and cooked through. Turn off the heat.

5 Make the black garlic soy sauce:

- ☐ While the barramundi cooks, in a bowl, stir together the **thick soy sauce**, **black garlic**, **vinegar**, and **2 tablespoons of water**; season with salt and pepper to taste.

6 Finish the rice & serve your dish:

- ☐ Stir **half the cilantro** into the pot of **seasoned rice**.
- ☐ Divide the finished rice among 4 dishes. Top with the **cooked vegetables**, **cooked barramundi fillets**, and any remaining liquid from the pan. Garnish with the **remaining cilantro**. Serve with the **black garlic soy sauce** on the side. Enjoy!