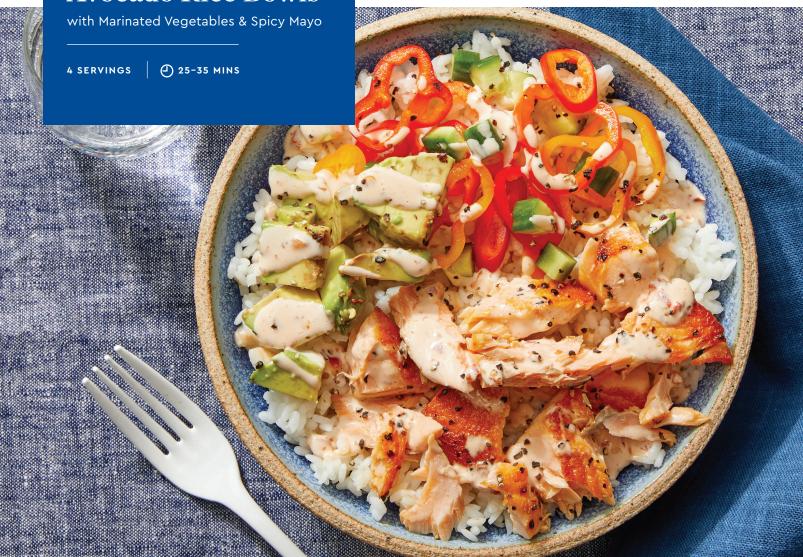
# Salmon & Avocado Rice Bowls





This dish highlights a bevy of toppings for delicious contrast in every bite: flaky salmon dressed with citrusy ponzu, avocado, and soy-marinated peppers and cucumbers all come together with a zesty sauce of mayo and sambal oelek.

#### **Ingredients**

- 4 Skin-On Salmon Fillets
- 1 cup Sushi Rice
- 1 Avocado
- 1/2 lb Sweet Peppers
- 2 Persian Cucumbers
- 2 Tbsps Mirin\*
- 1/4 cup Mayonnaise

- 1 Tbsp Sambal Oelek
- 1 Tbsp Rice Vinegar
- 2 Tbsps Vegetarian Ponzu Sauce
- 2 Tbsps Soy Glaze
- 1 Tbsp Sugar
- 1 tsp Furikake



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.

blueapron.com/wine

#### 1 Cook the rice

- In a medium pot, combine the rice, a big pinch of salt, and 11/4 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the mirin.

## 2 Cook the fish

- Meanwhile, pat the fish dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.\*
- Transfer to a large bowl.



# 3 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the peppers; remove the cores, then thinly slice into rings.
- Medium dice the cucumbers.
- Combine the sliced peppers and diced cucumbers in a bowl. Add the sugar and soy glaze; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Halve and pit the avocado. Using a spoon, remove the avocado from the skin, then medium dice; place in a bowl. Add the furikake and vinegar; season with salt and pepper. Toss to coat.
- In a separate bowl, whisk together the mayonnaise, 1 tablespoon of water, and as much of the sambal oelek as you'd like, depending on how spicy you'd like the dish to be. Season with salt and pepper.

## 4 Finish the fish & serve your dish

- When cool enough to handle, remove the skin from the cooked fish.
- Using two forks, flake the fish into large pieces. Add the ponzu sauce; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the cooked rice topped with the finished fish, seasoned avocado, marinated vegetables, and spicy mayo. Enjoy!

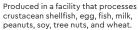
\*An instant-read thermometer should register 145°F.



Calories: 760, Total Carbohydrates: 64g, Dietary Fiber: 4g, Added Sugars: 11g, Total Fat: 39g, Saturated Fat: 6g, Protein: 35g, Sodium: 1420mg. \*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com. CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).







Blue Apron, LLC

New York, NY 10005

