

Salmon & Avocado Rice Bowls

with Marinated Vegetables & Spicy Mayo

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



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

- | | |
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|  4 Skin-On Salmon Fillets |  1 Tbsp Sambal Oelek |
|  1 cup Sushi Rice |  1 Tbsp Rice Vinegar |
|  1 Avocado |  2 Tbsps Vegetarian Ponzu Sauce |
|  ½ lb Sweet Peppers |  2 Tbsps Soy Glaze |
|  2 Persian Cucumbers |  1 Tbsp Sugar |
|  2 Tbsps Mirin* |  1 tsp Furikake |
|  ¼ cup Mayonnaise | |



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

*salted cooking wine

1 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ 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.

NUTRITION PER SERVING (AS PREPARED)**

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).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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