

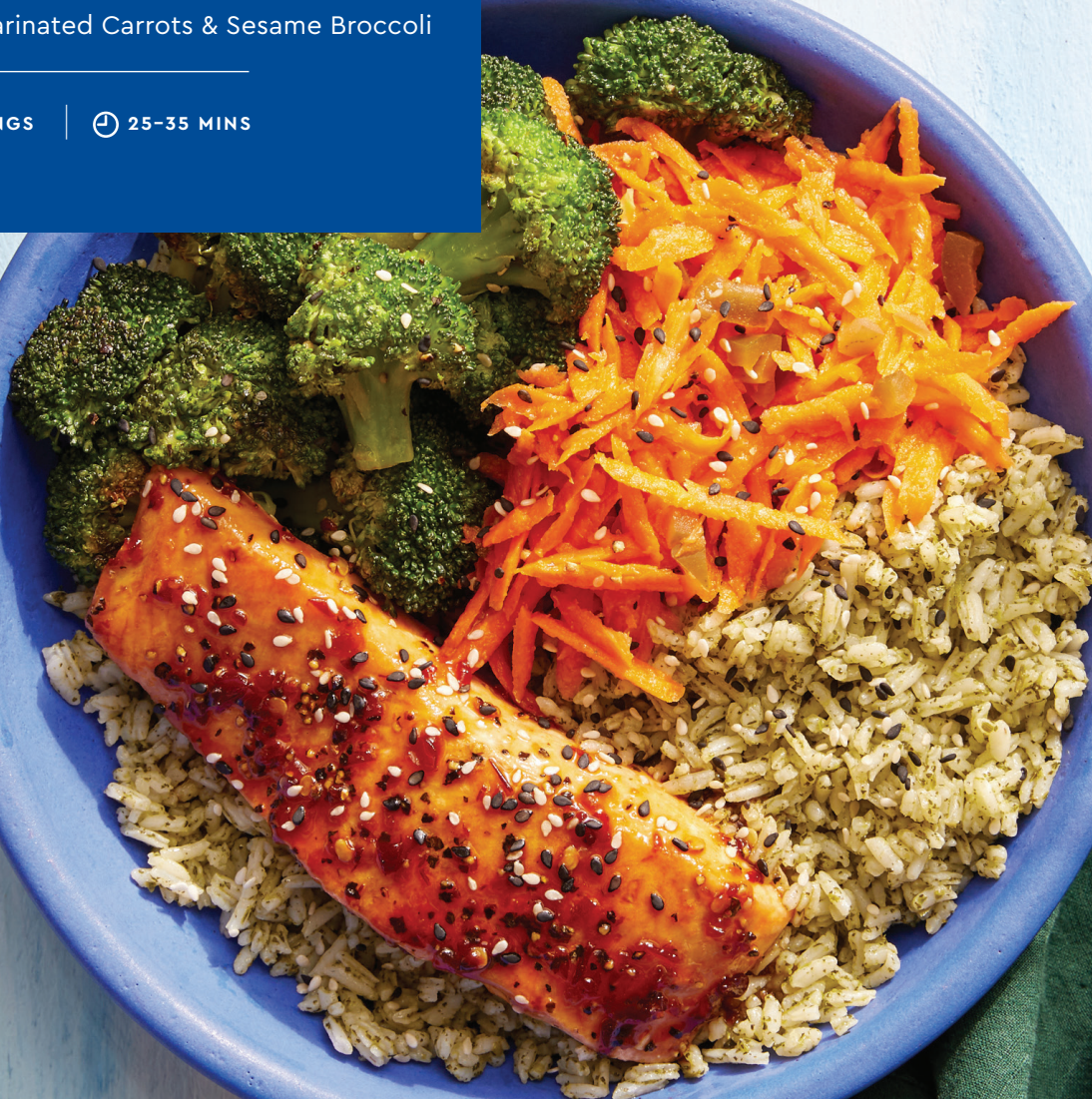
Salmon & Cilantro Rice Bowls

with Marinated Carrots & Sesame Broccoli

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Vibrant colors and rich flavors abound in these Asian-style bowls thanks to herbaceous cilantro sauce mixed into warm sushi rice and salmon fillets glazed with a spicy-sweet combo of sambal oelek, brown sugar, and more.

Ingredients

-  2 Skin-On Salmon Fillets
-  ½ cup Sushi Rice
-  ½ lb Broccoli
-  6 oz Carrots
-  1 Tbsp Rice Vinegar
-  1 oz Sliced Pickled Jalapeño Pepper
-  1 Tbsp Sambal Oelek
-  1 Tbsp Soy Sauce
-  1 Tbsp Light Brown Sugar
-  1 Tbsp Sesame Oil
-  ¼ cup Cilantro Sauce
-  1 tsp Black & White Sesame Seeds

Wellness at Blue Apron

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SmartPoints® value per serving



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

1 Make the cilantro rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **¾ cup 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 **cilantro sauce** until combined. Taste, then season with salt and pepper if desired. Cover to keep warm.



2 Prepare the ingredients & marinate the carrots

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel the **carrots** and grate on the large side of a box grater.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **grated carrots**, **half the vinegar**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the glaze

- Meanwhile, in a bowl, combine the **soy sauce**, **sugar**, **remaining vinegar**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



4 Cook the broccoli

- In a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add **¾ cup of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, without stirring, 2 to 3 minutes, or until the broccoli is softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



5 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.
- Serve the **cilantro rice** topped with the **cooked fish** (including any glaze from the pan), **marinated carrots** (including any liquid), and **cooked broccoli**. Garnish with the **sesame seeds**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 780, Total Carbohydrates: 67g, Dietary Fiber: 6g, Added Sugars: 7g, Total Fat: 39g, Saturated Fat: 7g, Protein: 37g, Sodium: 1970mg.

**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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