

Sweet & Spicy Salmon

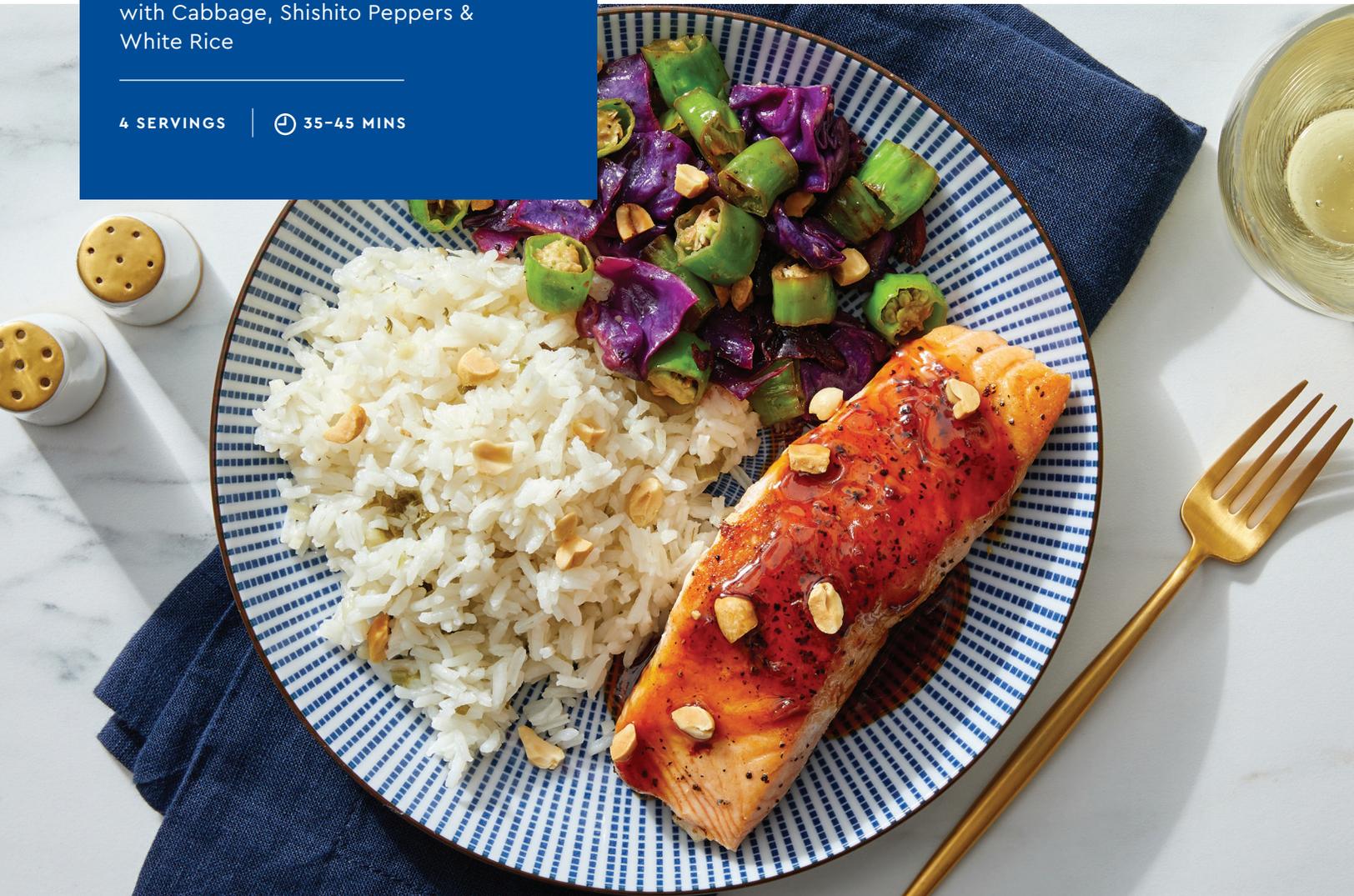
with Cabbage, Shishito Peppers & White Rice

4 SERVINGS

⌚ 35-45 MINS

 Blue Apron

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Ingredients

 4 Skin-On Salmon Fillets

 ½ lb Red Cabbage

 2 Tbsps Vegetarian Ponzu Sauce

 ⅓ cup Asian-Style Sautéed Aromatics

 1 cup Long Grain White Rice

 ⅓ cup Soy Glaze

 3 Tbsps Roasted Peanuts

 6 oz Shishito Peppers

 4 tsps Honey

 1 Tbsp Sambal Oelek



Serve with Blue Apron wine that has this symbol blueapron.com/wine

1 Prepare the ingredients & start the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; roughly chop the leaves.
- Roughly chop the **peanuts**.
- Cut off and discard the stems of the **peppers**; cut crosswise into 1/2-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **soy glaze**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook the rice

- In a medium pot, combine the **rice**, **sautéed aromatics**, a **big pinch of salt**, and **2 cups of water**; stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped cabbage**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **pepper pieces**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **ponzu sauce**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **cooked rice** and **cooked vegetables**. Top the fish with the **finished sauce**. Garnish with the **chopped peanuts**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 790, Total Carbohydrates: 79g, Dietary Fiber: 3g, Added Sugars: 22g, Total Fat: 37g, Saturated Fat: 8g, Protein: 37g, Sodium: 2040mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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