

Honey Teriyaki Salmon

with Brown Rice & Spicy Green Beans

2 SERVINGS

⌚ 20-30 MINS

 Blue Apron

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

Ingredients

 2 Skin-On Salmon Fillets 

 6 oz Green Beans

 1 Tbsp Mirin²

 1 Tbsp Sambal Oelek

 10 oz Sea Scallops 

 3 oz Radishes

 1 Tbsp Rice Vinegar

 1 Tbsp Honey

 ½ cup Brown Rice

 2 Tbsps Coconut Aminos¹

 1 Tbsp Sesame Oil

 3 Tbsps Roasted Peanuts

¹ seasoning sauce ² salted cooking wine
*Ingredients may be replaced and quantities may vary.

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients & start the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**.
- Roughly chop the **peanuts**.
- Halve the **radishes** lengthwise, then thinly slice crosswise; place in a bowl. Add the **vinegar** and season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- In a separate bowl, whisk together the **coconut aminos**, **mirin**, and **honey** (kneading the packet before opening).



3 Cook the green beans

- In a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the green beans are softened and the water has cooked off.
- Add the **chopped peanuts** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minutes, 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 salmon

- Pat the **salmon** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on **medium** until hot.
- Add the seasoned salmon, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate, skin side up.



↻ CUSTOMIZED STEP 4 *If you chose Scallops*

- Pat the **scallops** dry with paper towels. Using your hands, remove and discard the tough side muscle from each scallop. Season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 4 to 5 minutes, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Finish the sauce & serve your dish

- Add the **sauce** (carefully, as the liquid may splatter) to the pan of reserved fond. Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until slightly thickened and heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked salmon** and **finished sauce**. Serve the **cooked green beans** on the side. Garnish with **as much of the marinated radishes as you'd like** (discarding any liquid). Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Scallops*

- Finish the sauce and serve your dish as directed with the **cooked scallops** (instead of salmon).

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

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Food safety handling information: blog.blueapron.com/foodsafety

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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