

Orange & Soy-Glazed Salmon

with Vegetable Fried Rice

TIME: 40-50 minutes

SERVINGS: 4

In this adaptation of a Chinese takeout classic, fresh orange juice and a soy-based sauce create a sweet and savory glaze for salmon. We're serving the fillets on a bed of fried rice, brimming with delicious cool-weather vegetables. (Cooking the egg separately from the vegetables before mixing it all together ensures perfect texture!)



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Ingredients



4
SKIN-ON
SALMON FILLETS



1 cup
JASMINE RICE



1
CAGE-FREE
FARM EGG



1 head
BABY BOK CHOY



1
NAVEL ORANGE



1 1-inch piece
GINGER



4 oz
CREMINI
MUSHROOMS



2
CARROTS



2 cloves
GARLIC



2
SCALLIONS



1/2 cup
SOY GLAZE



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1 Cook the rice:

- In a small pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Cover and set aside in a warm place.

2 Prepare the ingredients:

- While the rice cooks, wash and dry the fresh produce.
- Thinly slice the mushrooms.
- Peel the carrots and thinly slice into rounds.
- Peel and roughly chop the garlic.
- Peel and finely chop the ginger.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Cut off and discard the root end of the bok choy; thinly slice crosswise.
- Halve the orange; squeeze the juice into a bowl, straining out any seeds.
- Crack the egg into a bowl; season with salt and pepper and beat until smooth.

3 Cook the vegetables & egg:

- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **mushrooms** and **carrots**. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened. Add the **garlic**, **ginger**, and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **bok choy**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until softened. Using a spoon, move the vegetables to 1 side of the pan. Add 1 teaspoon of olive oil to the other side; add the **egg**. Cook, constantly stirring the egg, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and egg to thoroughly combine. Transfer to a bowl. Wipe out the pan.

4 Make the fried rice:

- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy. Turn off the heat; stir in **half the soy glaze**. Transfer to the bowl of **cooked vegetables and egg**; stir to combine. Season with salt and pepper to taste. Transfer to a bowl; cover with foil and set aside in a warm place. Wipe out the pan.

5 Cook the fish:

- Pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate.

6 Make the sauce & serve your dish:

- Add the **orange juice** and **remaining soy glaze** to the pan of reserved fond; 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; season with salt and pepper to taste. Divide the **fried rice** and **cooked fish** among 4 dishes. Top the fish with the sauce. Garnish with the **green tops of the scallions**. Enjoy!