

# One-Pan Spicy Wild Alaskan Pollock

*with Broccoli & Jasmine Rice*

**TIME:** 30-40 minutes

**SERVINGS:** 2

In this easy recipe, we're cooking rice, broccoli, and wild Alaskan pollock together in a single pan—all drizzled with a Cuban mojo-inspired sauce made with orange marmalade and chile paste.



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Light & Fresh

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## Ingredients



10 1/2 oz  
WILD ALASKAN  
POLLOCK FILLETS



1/2 cup  
JASMINE RICE



2  
SCALLIONS



1 clove  
GARLIC



1  
LIME



1/2 lb  
BROCCOLI

## KNICK KNACKS:



2 Tbsps  
ORANGE  
MARMALADE



1 Tbsp  
CHIPOTLE CHILE  
PASTE



1/4 cup  
SOUR CREAM



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### 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces.
- ☐ Peel the **garlic**; using the flat side of your knife, gently smash once to flatten. Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops.
- ☐ Halve the **lime** crosswise.

### 2 Brown the broccoli:

- ☐ In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- ☐ Transfer to a plate. Season with salt and pepper.



### 3 Start the rice:

- ☐ In the same pan, combine the **rice, chopped garlic, chopped white bottoms of the scallions, a big pinch of salt**, a drizzle of olive oil, and **1 1/4 cups of water**. Heat to boiling on high.
- ☐ Once boiling, cover tightly and reduce the heat to low. Cook 7 to 9 minutes, or until the rice is almost tender and most of the water has cooked off.

### 4 Cook the fish & finish the rice:

- ☐ While the rice cooks, pat the **fish fillets** dry with paper towels. Cut into 2-inch pieces. Season with salt and pepper on both sides.
- ☐ Carefully uncover the pan of **rice**.
- ☐ Place the **browned broccoli** on top of the rice in an even layer. Evenly top with the seasoned fish. Drizzle with olive oil.
- ☐ Cover and continue to cook on low 9 to 11 minutes, or until the fish is cooked through, the water has been absorbed, and the broccoli and rice are tender.
- ☐ Uncover and turn off the heat.



### 5 Make the mojo sauce:

- ☐ While the pollock cooks, in a bowl, combine the **orange marmalade, the juice of both lime halves, 1 teaspoon of olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper to taste.



### 6 Finish & plate your dish:

- ☐ Season the **sour cream** with salt and pepper.
- ☐ Divide the **cooked fish and finished rice** between 2 dishes. Top with the **mojo sauce**. Garnish with the **sliced green tops of the scallions**. Serve with the seasoned sour cream on the side. Enjoy!

