

One-Pan Spicy Wild Alaskan Pollock

with Broccoli & Jasmine Rice

TIME: 35-45 minutes

SERVINGS: 2

In this easy recipe, we're cooking rice, broccoli, and wild Alaskan pollock together in a single pan. For vibrant flavor, we're finishing it all with a drizzle of a Cuban mojo-inspired sauce made with orange marmalade, lime juice, and fiery chile paste—perfectly cooled by a side of sour cream.



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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, 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**, **smashed garlic**, **sliced 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 and reduce the heat to low; cook for exactly 8 minutes.

4 Add the fish & broccoli:

- ☐ 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.
- ☐ Place the **browned broccoli** on top of the rice in an even layer. 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 fish 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 & serve your dish:

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

