

Honey & Miso-Glazed Salmon

with Udon Noodles & Bok Choy

TIME: 25-35 minutes

SERVINGS: 4

This Japanese-inspired dish comes together with two delicious sauces. We're glazing salmon with a savory-sweet duo of white miso and honey, complemented by the citrusy ponzu sauce that coats our stir-fried udon noodles and vegetables.

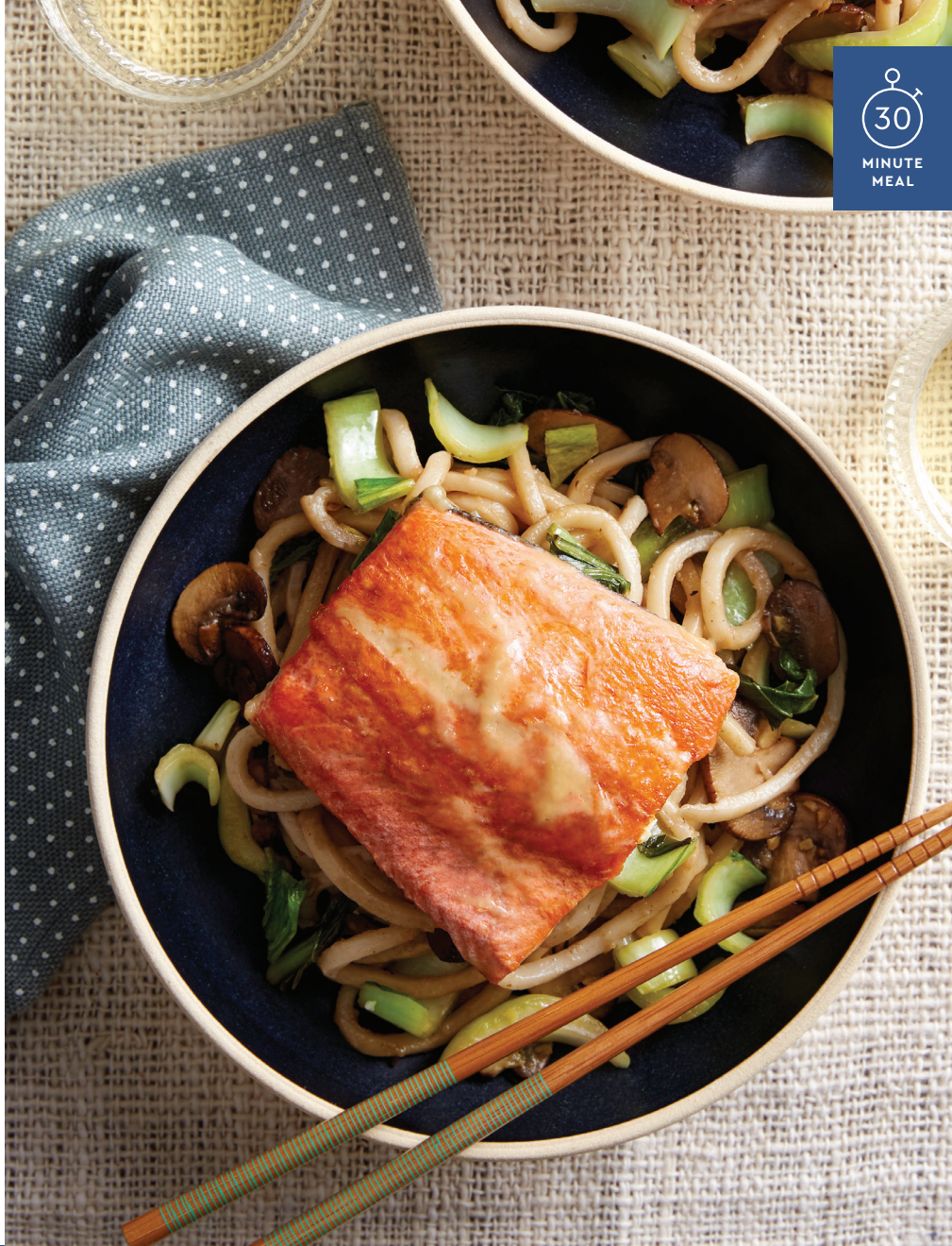


MATCH YOUR BLUE APRON WINE



Light & Fresh

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Ingredients



4
SKIN-ON
SALMON FILLETS



1 lb
FRESH UDON
NOODLES



4 oz
CREMINI
MUSHROOMS



1/2 lb
BABY BOK CHOY



3 Tbsp
SWEET WHITE
MISO PASTE



1 1-inch piece
GINGER



1 Tbsp
HONEY



1 Tbsp
SESAME OIL



1/4 cup
PONZU SAUCE



2 Tbsp
RICE VINEGAR



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1 Prepare the ingredients & make the glaze:

- ☐ Remove the **honey** from the refrigerator to bring to room temperature.
- ☐ Wash and dry the fresh produce.
- ☐ Thinly slice the **mushrooms**. Peel and finely chop the **ginger**.
- ☐ Cut off and discard the root end of the **bok choy**; roughly chop.
- ☐ In a bowl, whisk together the **honey** (kneading the packet before opening), **miso paste**, **half the vinegar**, and **¼ cup of water** until smooth.

2 Start the vegetables:

- ☐ In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced mushrooms** and **chopped ginger**. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned; season with salt and pepper.



3 Finish the vegetables:

- ☐ Add the **chopped bok choy** and **sesame oil** to the pan; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the bok choy leaves are slightly wilted.

4 Add the noodles:

- ☐ Add the **noodles** (carefully separating with your hands before adding), **ponzu sauce**, **remaining vinegar**, and **¼ cup of water** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and heated through. Turn off the heat and season with salt and pepper to taste.



5 Cook the fish & serve your dish:

- ☐ While the noodles cook, pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a separate large pan (nonstick, if you have one), heat 2 teaspoons 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 the fillets and add the **glaze** (be careful, as the liquid may splatter). Cook, frequently spooning the glaze over the fillets, 2 to 3 minutes, or until the fish is cooked to your desired degree of doneness and the glaze has reduced in volume by about half. Turn off the heat.
- ☐ Serve the glazed fish fillets (and any remaining glaze from the pan) with the **finished vegetables and noodles**. Enjoy!

