

Ginger-Soy Barramundi

with Miso Mashed Sweet Potatoes & Roasted Bok Choy

TIME: 20-30 minutes

SERVINGS: 4

In this quick-cooking recipe, fresh ginger and a soy-based sauce form the glaze for our barramundi. Two sides perfectly round it out: crispy roasted bok choy and creamy mashed sweet potato, which gets an umami layer from miso paste and sesame oil.



MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



Ingredients



4
SKIN-ON
BARRAMUNDI
FILLETS



3 heads
BABY BOK CHOY



2
SWEET POTATOES



1 clove
GARLIC



2 Tbsps
BUTTER



2 Tbsps
RICE VINEGAR



1 1-inch piece
GINGER



1 Tbsp
SESAME OIL



1 Tbsp
SWEET WHITE
MISO PASTE



1 tsp
BLACK & WHITE
SESAME SEEDS



1/4 cup
SUSHI SAUCE



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1 Cook & mash the sweet potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and large dice the **sweet potatoes**. Peel the **garlic**; using the flat side of your knife, smash once to flatten.
- ☐ Once the pot of water is boiling, add the diced sweet potatoes and smashed garlic. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add the **miso paste**, **butter**, **half the sesame oil**, and a drizzle of olive oil; season with salt and pepper. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover and set aside in a warm place.



2 Prepare & roast the bok choy:

- ☐ While the sweet potatoes cook, cut off and discard the root end of the **bok choy**; halve lengthwise. Rinse to remove any dirt between the layers. Pat dry with paper towels.
- ☐ Transfer to a sheet pan. Drizzle with 2 teaspoons of olive oil and season with salt and pepper; turn to coat. Arrange in an even layer, cut side down. Top with $\frac{1}{4}$ **cup of water**.
- ☐ Roast 14 to 16 minutes, or until the stems are tender when pierced with a fork and the leaves are crispy. Remove from the oven.
- ☐ Evenly top with the **remaining sesame oil**; carefully turn to coat. Set aside in a warm place.



3 Prepare the ginger & make the glaze:

- ☐ While the bok choy roasts, peel and finely chop the **ginger**.
- ☐ Transfer to a bowl. Add the **sushi sauce**, **vinegar**, and $\frac{1}{4}$ **cup water**; whisk to combine.

4 Cook & glaze the fish:

- ☐ While the bok choy continues to roast, pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin side down, and cook 4 to 6 minutes, or until lightly browned.
- ☐ Flip the fillets and add the **glaze**. Cook, constantly spooning the glaze over the fillets, 2 to 3 minutes, or until the fish is coated and cooked through. Turn off the heat.



5 Serve your dish:

- ☐ Serve the **glazed fish fillets** with the **mashed sweet potatoes** and **roasted bok choy**. Top the fillets with any remaining glaze from the pan. Garnish with the **sesame seeds**. Enjoy!