

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.*

Ingredients

Customized ingredients













½ cup Long Grain White Rice



2 cloves Garlic



1 pinch Saffron



1 oz Butter



1/4 tsp Crushed Red Pepper Flakes



1 Zucchini



1 bunch Parsley



2 tsps Date Syrup



2 Tbsps Sliced Roasted Almonds



1 Tbsp Spanish Spice Blend1



Cook along on the app

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^{1.} Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

^{*}Ingredients may be replaced and quantities may vary.

Prepare the ingredients

- Wash and dry the fresh produce.
- Pit and roughly chop the dates.
- Halve the zucchini lengthwise, then cut crosswise into 1/4-inch pieces.
- Peel and roughly chop 2 cloves of garlic.
- · Roughly chop the parsley leaves and stems.



2 Cook the rice

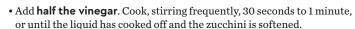
- In a medium pot, combine the rice, saffron, chopped dates, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender



• Turn off the heat and fluff with a fork.

3 Cook the zucchini

- Meanwhile, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the zucchini pieces in an even layer. Cook, without stirring 2 to 3 minutes, or until browned.
- Add the chopped garlic and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until



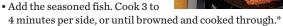
- Transfer to a bowl; cover with foil to keep warm.
- · Rinse and wipe out the pan.

combined and softened.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.



• Leaving any browned bits (or fond) in the pan, transfer to a plate.



CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat 2 teaspoons of olive oil on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until browned.
- Flip and cook 2 to 4 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Make the pan sauce & serve your dish

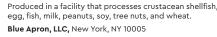
- Heat the pan of reserved fond on medium-high until hot.
- Add the remaining vinegar (carefully, as the liquid may splatter), date syrup, and 1/4 cup of water. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until reduced and slightly thickened.



- Turn off the heat; stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- To the pot of cooked rice, add the cooked zucchini and a drizzle of olive oil; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked fish** and **pan sauce**. Garnish with the almonds and chopped parsley. Enjoy!

*An instant-read thermometer should register 145°F





To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your