

Katsu-Style Wild Alaskan Pollock

with Cabbage Slaw & Rice

TIME: 30-40 minutes

SERVINGS: 2

A traditional Japanese breading before pan-frying creates an exquisitely crunchy exterior for wild Alaskan pollock, which gets a boost of umami flavor from a creamy black garlic mayo.



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Ingredients



10 1/2 oz
WILD ALASKAN
POLLOCK FILLETS



1
CAGE-FREE
FARM EGG



3/4 cup
JASMINE RICE



1/2 lb
GREEN CABBAGE



2
SCALLIONS

KNICK KNACKS:



3/4 cup
PANKO
BREADCRUMBS



3 Tbsps
SWEET CHILI
SAUCE



3 Tbsps
ALL-PURPOSE
FLOUR



1/4 cup
MAYONNAISE



2 Tbsps
RICE VINEGAR



2 cloves
BLACK GARLIC



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- ☐ Cut off and discard the root ends of the **scallions**; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Finely chop the **garlic**.
- ☐ Halve the **fish fillets** crosswise.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ½ cups of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff with a fork. Cover to keep warm.

3 Make the slaw:

- ☐ While the rice cooks, in a large bowl, combine the **sliced cabbage**, **sliced white bottoms of the scallions**, **sweet chili sauce**, and **vinegar**; drizzle with olive oil and season with salt and pepper.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4 Bread the fish:

- ☐ While the slaw marinates, crack the **egg** into a large bowl; season with salt and pepper. Beat until smooth.
- ☐ Place the **flour** and **breadcrumbs** on two separate large plates; season each with salt and pepper.
- ☐ Pat the **halved fish fillets** dry with paper towels. Season with salt and pepper on both sides.
- ☐ Working one piece at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess), then in the beaten egg (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate.

5 Cook the fish:

- ☐ In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot.
- ☐ Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added to the pan, add the **breaded fish fillets** and cook 2 to 4 minutes per side, or until golden brown and cooked through.
- ☐ Transfer to a paper towel-lined plate. Immediately season with salt and pepper.

6 Make the sauce & serve your dish:

- ☐ While the fish cooks, in a bowl, combine the **mayonnaise** and **chopped garlic**; season with salt and pepper to taste.
- ☐ Serve the **cooked fish fillets**, **cooked rice**, and **slaw** with the sauce on the side. Garnish with the **sliced green tops of the scallions**. Enjoy!

