**Steelhead Trout Rice Bowls** 

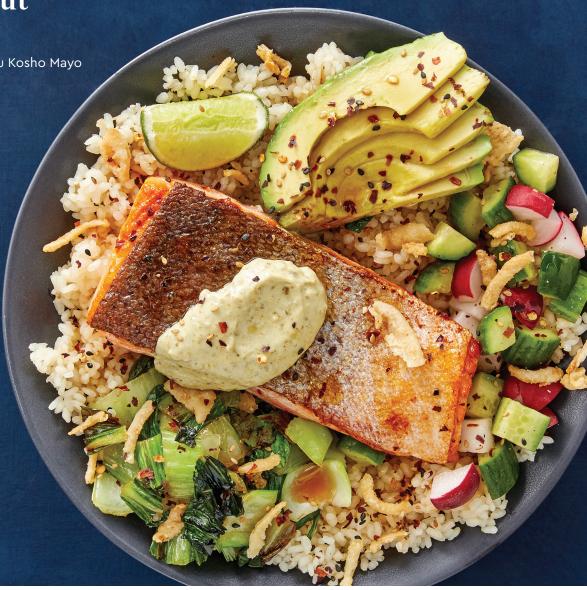
with Avocado, Bok Choy & Yuzu Kosho Mayo

#### WHY WE LOVE THIS DISH

We're putting a spin on the traditional Hawaiian poke bowl by topping a bed of sushi rice with seared trout, avocado, crispy onions, and more-all finished with sweet soy glaze, yuzu kosho mayo, and a sprinkle of furikake.

#### **INGREDIENT IN FOCUS**

Yuzu kosho is a beloved Japanese condiment made from fermented chiles, salt, and the juice and zest from yuzu—a tart, fragrant citrus fruit grown in East Asia. It brightens up any dish with its intensely aromatic and pleasantly spicy flavor.





**PREMIUM** 



# **Ingredients**



2 Skin-On Steelhead Trout Fillets



½ cup Sushi Rice



1 Avocado



2 Persian Cucumbers



3 oz Radishes



10 oz Baby Bok Choy





2 Tbsps Vegetable Demi-Glace



2 Tbsps Soy Glaze



1 Tbsp Mirin<sup>1</sup>



1 Tbsp Sesame Oil



2 tsps Yuzu Kosho



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.

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2 Tbsps Mayonnaise



1/3 cup Crispy Onions or Shallots



1 tsp Furikake

## Prepare the ingredients

- Wash and dry the fresh produce.
- · Cut off and discard the root ends of the **bok choy**; roughly chop.
- · Quarter the lime.
- Halve and pit the avocado. Using a spoon, remove the avocado from the skin, then thinly slice. Place in a bowl; evenly top with the juice of 1



lime wedge and season with salt and pepper.

- Medium dice the cucumbers and radishes; combine in a bowl. Add the juice of 1 lime wedge; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- To make the sauce, in a bowl, combine the soy glaze and mirin.
- In a separate bowl, combine the mayonnaise and as much of the yuzu kosho as you'd like, depending on how spicy you'd like the dish to be.

## 2 Cook the rice

- In a small pot, combine the rice, demi-glace, a big pinch of salt, and 2/3 cup of water. Heat to boiling on high.
- · Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 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 fish

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.



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

## 4 Cook the bok choy & serve your dish

- In the pan of reserved fond, heat the sesame oil on medium-high until hot.
- Add the chopped bok choy. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



 Serve the cooked rice topped with the cooked fish, marinated vegetables, seasoned avocado, and cooked bok choy. Drizzle with the sauce and yuzu kosho mayo. Garnish with the crispy onions or shallots and furikake. Serve the remaining lime wedges on the side.

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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