

# 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**

2 SERVINGS

🕒 35-45 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.  
[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

- |  |  |   |
|--|--|---|
|  2 Skin-On Steelhead Trout Fillets |  1 Lime                       |  2 Tbsps Mayonnaise              |
|  ½ cup Sushi Rice                  |  2 Tbsps Vegetable Demi-Glace |  ⅓ cup Crispy Onions or Shallots |
|  1 Avocado                         |  2 Tbsps Soy Glaze            |  1 tsp Furikake                  |
|  2 Persian Cucumbers               |  1 Tbsp Mirin <sup>1</sup>    |   |
|  3 oz Radishes                     |  1 Tbsp Sesame Oil            |   |
|  10 oz Baby Bok Choy               |  2 tsps Yuzu Kosho            |   |

1. salted cooking wine



## 1 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-glaze**, 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.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate, skin side up.



## 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. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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