Yuzu & Honey-Glazed Yellowtail Fillets

with Miso-Vegetable Rice & Cashews

WHY WE LOVE THIS DISH

This colorful, umami-rich dish features our new Australian yellowtail fillets, which boast a light, buttery texture and deliciously mild, slightly sweet flavor.

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

₫ 30-40 MINS

Ingredients



2 Yellowtail Fillets



½ cup Sushi Rice



3 oz Baby Spinach



2 ears of Corn



1 Bell Pepper



4 oz Mushrooms

The fish may have some light to dark red coloring, which is natural and edible, providing a similar flavor and texture as the white flesh.



2 Tbsps Vegetable Demi-Glace



3 Tbsps Asian-Style Sautéed Aromatics



2 tsps Yuzu Kosho



1 Tbsp Sweet White Miso Paste



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



Serve a bottle of Blue Apron wine with this symbol: Light & Fresh.



blueapron.com/wine



2 tsps Honey



3 Tbsps Roasted Cashews



1 tsp Black & White Sesame Seeds

1 Cook the rice

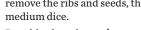
- Remove the **honey** from the refrigerator to bring to room temperature.
- In a small pot, combine the rice and 3/4 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until

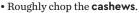
the water has been absorbed and the rice is tender.

• Turn off the heat and fluff with a fork.

2 Prepare the ingredients

- · Meanwhile, wash and dry the fresh produce.
- Thinly slice the mushrooms.
- · Remove any husks and silks from the corn; cut the kernels off the cobs.
- · Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then





- In a bowl, combine the miso paste, vinegar, and demi-glace; whisk
- To make the yuzu glaze, in a separate bowl, whisk together the honey (kneading the packet before opening), yuzu kosho, and 1/4 cup of water.



- In a large pan (nonstick, if you have one), heat the sesame oil on medium-high until hot.
- Add the sliced mushrooms in an even layer. Cook, without stirring. 2 to 3 minutes, or until lightly browned.
- Add the corn kernels and diced pepper: season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the sautéed aromatics and spinach. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened and the spinach is wilted.



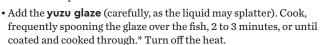
4 Finish the vegetables & rice

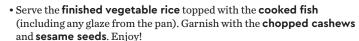
- Add the **cooked rice** to the pan. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Add the miso-vinegar mixture. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Transfer to two serving dishes.
- Rinse and wipe out the pan.



5 Cook the fish & serve your dish

- Pat the fish dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- · Add the seasoned fish. Cook 3 to 4 minutes, or until lightly browned. Flip and cook 1 minute.





*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 or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



