

4 SERVINGS

30-40 MINS

Ingredients



4 Yellowtail Fillets



1 cup Sushi Rice



5 oz Baby Spinach



4 ears of Corn



2 Bell Peppers



1/2 lb 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



¹/₃ cup Asian-Style Sautéed Aromatics



4 tsps Yuzu Kosho



3 Tbsps 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



4 tsps Honey



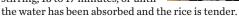
3 Tbsps Roasted Cashews



1 tsp Black & White Sesame Seeds

1 Cook the rice

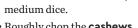
- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the rice and 1 1/4 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until



• 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 stems of the peppers. Halve lengthwise; remove the ribs and seeds, then



- · Roughly chop the cashews.
- 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, high-sided 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 peppers. 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.





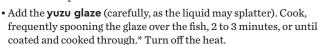
4 Finish the vegetables & rice

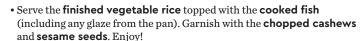
- Add the **cooked rice** to the pan. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Add the miso-vinegar mixture. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Transfer to a serving dish.
- Rinse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



