

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 truly brightens up any dish with its intensely aromatic and pleasantly spicy flavors.



PREMIUM

4 SERVINGS

⌚ 30-40 MINS





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


blueapron.com/wine


Ingredients

 4 Yellowtail Fillets

 1 cup Sushi Rice

 5 oz Baby Spinach

 4 ears of Corn


 2 Bell Peppers

 ½ 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-Glaze

 ⅓ cup Asian-Style Sautéed Aromatics

 4 tsps Yuzu Kosho


 3 Tbsps Sweet White Miso Paste

 1 Tbsp Sesame Oil

 1 Tbsp Rice Vinegar

 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 ¾ 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 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 stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Roughly chop the **cashews**.
- In a bowl, combine the **miso paste**, **vinegar**, and **demi-glaze**; whisk until smooth.
- To make the yuzu glaze, in a separate bowl, whisk together the **honey** (kneading the packet before opening), **yuzu kosho**, and **¾ cup of water**.



3 Start the vegetables

- 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.
- Add the **yuzu glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 2 to 3 minutes, or until coated and cooked through. * Turn off the heat.
- Serve the **finished vegetable rice** topped with the **cooked fish** (including any glaze from the pan). Garnish with the **chopped cashews** and **sesame seeds**. 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 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).



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

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