

Soy-Orange Salmon

with Vegetable Fried Rice

TIME: 40-50 minutes

SERVINGS: 4

This adaptation of a Chinese takeout classic uses fresh orange juice and a soy-based sauce to create a sweet and savory glaze for salmon.



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Ingredients



2 10-oz
SKIN-ON
SALMON FILLETS



1 cup
JASMINE RICE



2
CAGE-FREE
FARM EGGS



10 oz
BABY BOK CHOY



1
NAVEL ORANGE



1 1-inch piece
GINGER



4 oz
CREMINI
MUSHROOMS



6 oz
CARROTS



2 cloves
GARLIC



2
SCALLIONS



3 Tbsps
SOY GLAZE



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1 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high. Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 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:

- ☐ While the rice cooks, wash and dry the fresh produce. Thinly slice the **mushrooms**. Peel the **carrots** and thinly slice into rounds. Peel and roughly chop the **garlic**. Peel and finely chop the **ginger**. Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops. Cut off and discard the root end of the **bok choy**; thinly slice. Halve the **orange**; squeeze the juice into a bowl, straining out any seeds. Crack the **eggs** into a bowl; season with salt and pepper and beat until smooth.



3 Cook the vegetables & egg:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced mushrooms and carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned. Add the **chopped garlic and ginger** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- ☐ Using a spoon, move the vegetables to one side of the pan. Add 1 teaspoon of olive oil and the **beaten eggs** to the other side. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and eggs to thoroughly combine. Transfer to a large bowl. Wipe out the pan.



4 Finish the rice:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy. Turn off the heat and stir in **half the soy glaze**. Transfer to the bowl of **cooked vegetables and eggs**; stir to combine. Season with salt and pepper to taste. Cover with aluminum foil to keep warm. Wipe out the pan.

5 Cook the fish:

- ☐ Pat the **fish** dry with paper towels. Transfer to a cutting board, skin side down. Cut each fillet into two equal-sized pieces; 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, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate.

6 Make the sauce & serve your dish:

- ☐ Add the **orange juice** (carefully, as the liquid may splatter) and **remaining soy glaze** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.
- ☐ Serve the **cooked fish** with the **finished rice**. Top the fish with the sauce. Garnish with the **sliced green tops of the scallions**. Enjoy!

