

# Salmon & Sushi Rice Bowls

with Avocado & Spicy Mayo

2 OR 4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients



2 Skin-On Salmon Fillets or 4 for 4 servings



4 oz Sweet Peppers or 1/2 lb for 4 servings



2 Tbsps Vegetarian Ponzu Sauce



1 Tbsp Mirin<sup>1</sup> or 2 Tbsps for 4 servings



1 tsp Furikake



1/2 cup Sushi Rice or 1 cup for 4 servings



1 Persian Cucumber or 2 for 4 servings



2 Tbsps Soy Glaze



2 Tbsps Mayonnaise or 1/4 cup for 4 servings



1 Avocado



1 Tbsp Sambal Oelek



1 Tbsp Rice Vinegar



1 Tbsp Sugar



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup>. salted cooking wine



## 1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and  **$\frac{3}{4}$  cup of water** or use a *medium pot and 1  $\frac{1}{4}$  cups of water if you're cooking 4 servings*. 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. Stir in the **mirin**.



## 2 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan or a *large pan if you're cooking 4 servings* (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.\*
- Transfer to a large bowl.



## 3 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice into rings.
- Medium dice the **cucumber**.
- In a large bowl, combine the **soy glaze** and **sugar**; stir until the sugar has dissolved. Add the **sliced peppers** and **diced cucumber**; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then medium dice; place in a bowl. Add the **furikake** and **vinegar**; season with salt and pepper. Toss to coat.
- In a separate bowl, whisk together the **mayonnaise**, **1 tablespoon of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



## 4 Finish the fish & serve your dish

- When cool enough to handle, carefully remove the skin from the **cooked fish**.
- Using two forks, flake the fish into large pieces. Add the **ponzu sauce**; stir to coat.
- Serve the **cooked rice** topped with the **finished fish**, **seasoned avocado**, **marinated vegetables**, and **spicy mayo**. Enjoy!



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