





Ingredients



2 Skin-On Salmon Fillets or 4 for 4 servings



4 oz Sweet Peppers or ½ lb for 4 servings



2 Tbsps Vegetarian Ponzu Sauce



1 Tbsp Mirin¹ or 2 Tbsps for 4 servings



I tsp Furikake



½ 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 POPICY blueapron.com/wine

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1 Cook the rice

- In a small pot, combine the rice, a big pinch of salt, and 3/4 cup of water or use a medium pot and 11/4 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.

- \bullet Halve and pit the ${\bf avocado}.$ 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.

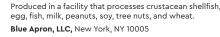
4 Finish the fish & serve your dish

- 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.





To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your