

Sambal-Glazed Salmon & Cilantro Rice

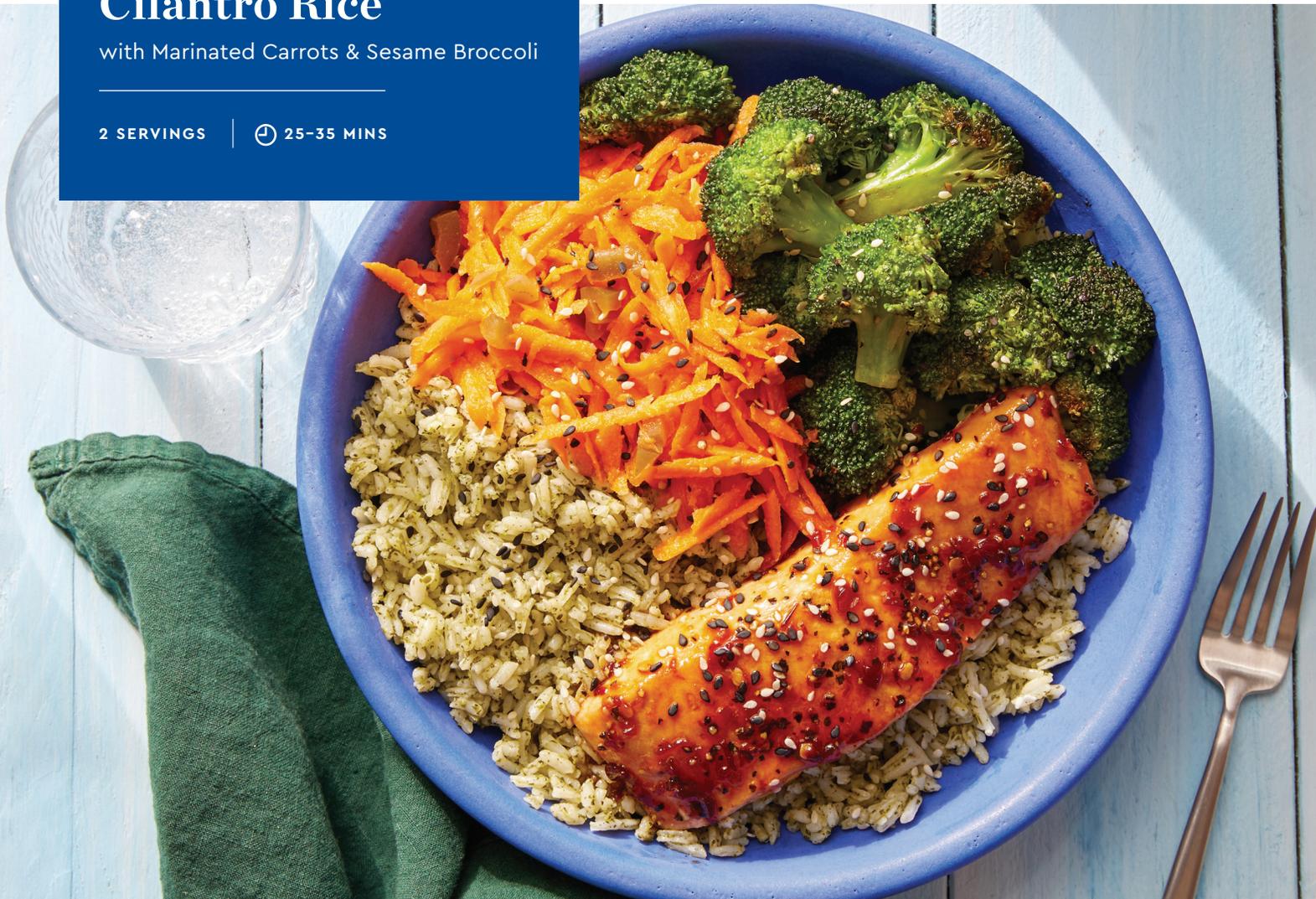
with Marinated Carrots & Sesame Broccoli

2 SERVINGS

25-35 MINS

 **Blue Apron**

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Ingredients

 2 Skin-On Salmon Fillets

 6 oz Carrots

 1 Tbsp Soy Sauce

 1 oz Sliced Pickled Jalapeño Pepper

 ½ cup Long Grain White Rice

 ¼ cup Cilantro Sauce

 2 Tbsps Rice Vinegar

 1 Tbsp Light Brown Sugar

 ½ lb Broccoli

 1 Tbsp Sambal Oelek

 1 Tbsp Sesame Oil

 1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol blueapron.com/wine



17 12 12

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Make the cilantro rice

- In a small pot, combine the **rice, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 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 **cilantro sauce** until combined. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



2 Prepare the ingredients & marinate the carrots

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli stem**; cut the broccoli into small florets.
- Peel the **carrots** and grate on the large side of a box grater.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **grated carrots, half the vinegar, and as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the glaze

- Meanwhile, in a bowl, combine the **soy sauce, sugar, remaining vinegar, 2 tablespoons of water, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



4 Cook the broccoli

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add **1/4 cup of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, without stirring, 2 to 3 minutes, or until the broccoli is softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- 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 a drizzle 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 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.*
- Turn off the heat.
- Serve the **cilantro rice** topped with the **cooked fish** (including any glaze from the pan), **marinated carrots** (including any liquid), and **cooked broccoli**. Garnish with the **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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