

Seared Salmon & Sweet Chili Glaze

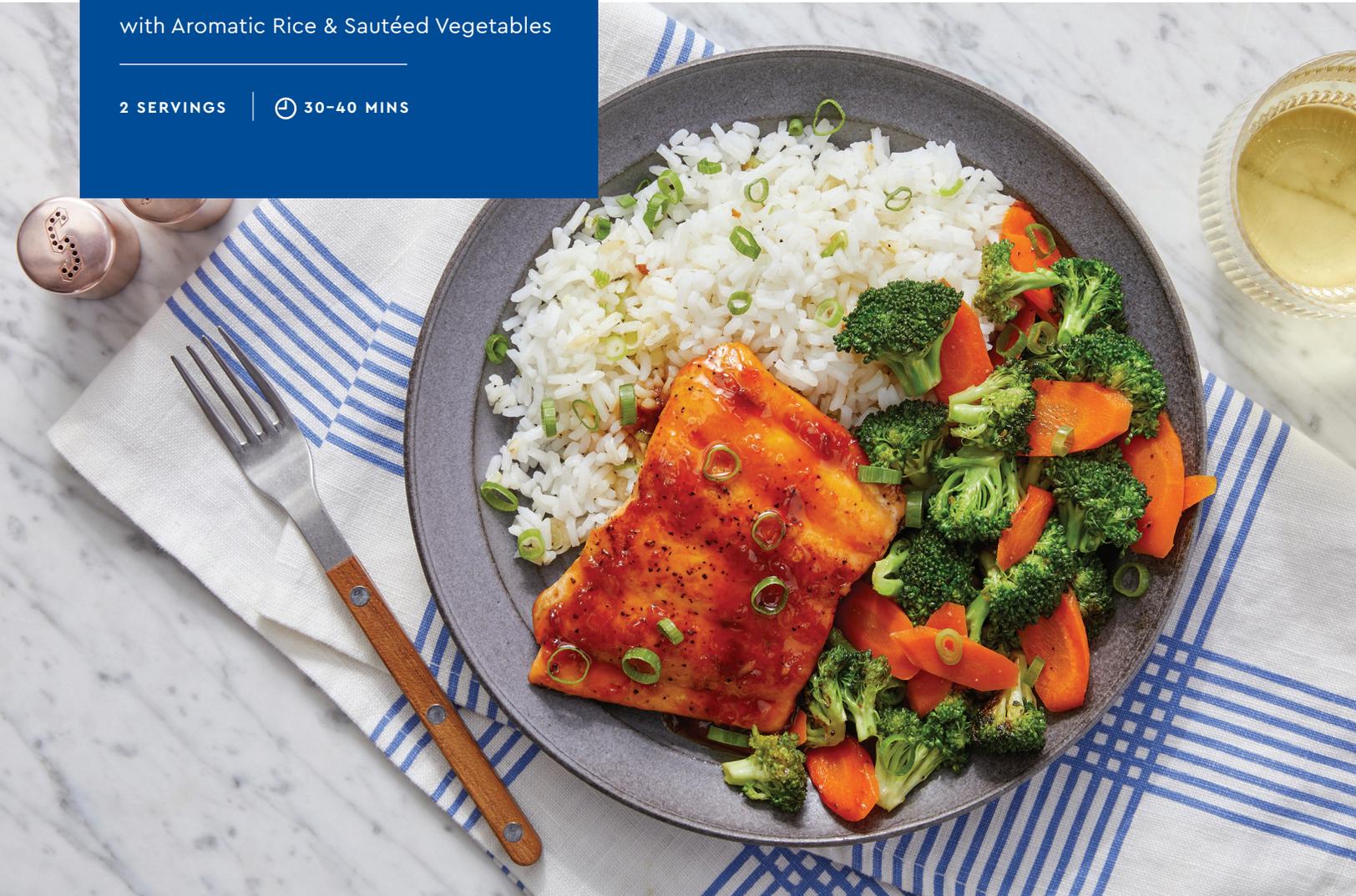
with Aromatic Rice & Sautéed Vegetables

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**

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Ingredients

Customized ingredients

 2 Skin-On Salmon Fillets 

SWAPPED FOR:

 2 Boneless, Center-Cut Pork Chops 

 2 Scallions

 1 Tbsp Sesame Oil

 ½ cup Long Grain White Rice

 ½ lb Broccoli

 3 Tbsps Sweet Chili Sauce

 6 oz Carrots

 2 cloves Garlic

 1 Tbsp Soy Sauce

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- In a bowl, whisk together the **soy sauce, sweet chili sauce, and 2 tablespoons of water**.



2 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, heat **half the sesame oil** on medium-high until hot.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **rice, a big pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). 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.



3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **remaining sesame oil** on medium-high until hot.
- Add the **sliced carrots and broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add **¼ cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 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, frequently spooning the glaze over the fish, 1 to 2 minutes, or until coated and cooked through.* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **cooked rice and cooked vegetables**. Garnish with the **sliced green tops of the scallions**. Enjoy!



↺ CUSTOMIZED STEP 4 If you chose Pork

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned pork**. Cook 4 to 6 minutes, or until browned. Flip and cook 4 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the pork, 1 to 2 minutes for medium (the center may still be slightly pink), or until coated and cooked to your desired degree of doneness.* Turn off the heat.
- Serve the **cooked pork** (including any glaze from the pan) with the **cooked rice and cooked vegetables**. Garnish with the **sliced green tops of the scallions**. Enjoy!

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

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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