

# Seared Salmon & Spicy Sesame Sauce

with Bok Choy & Mushrooms

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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## Ingredients

 2 Skin-On Salmon Fillets

 4 oz Mushrooms

 1 Tbsp Sambal Oelek

 1 tsp Black & White Sesame Seeds

 ½ cup Long Grain White Rice

 2 cloves Garlic

 2 Tbsps Soy Glaze

 10 oz Baby Bok Choy

 2 Scallions

 1 Tbsp Sesame Oil



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

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"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Cut the **mushrooms** into bite-sized pieces.



## 2 Make the garlic-scallion rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **half the chopped garlic**; 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. Add the **sliced green tops of the scallions**; stir to combine.



## 3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped bok choy stems, mushroom pieces, and remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.



## Step 3 continued:

- Add the **chopped bok choy** leaves. Cook, stirring frequently, 30 seconds to 1 minute, or until wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

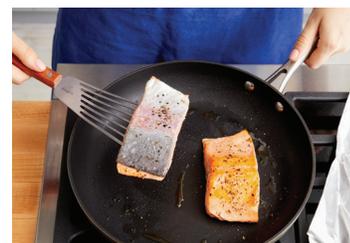
## 4 Make the sauce

- Meanwhile, in a bowl, combine the **soy glaze, half the sesame oil, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



## 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 the **remaining sesame oil on medium** until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.\*
- Turn off the heat.
- Serve the **cooked fish** with the **cooked vegetables** and **garlic-scallion rice**. Top with the **sauce**. 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://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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