

# Steelhead Trout & Avocado Rice Bowls

with Marinated Vegetables & Spicy Mayo

4 SERVINGS

25-35 MINS

 Blue Apron

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

## Ingredients

Customized ingredients

 4 Skin-On Steelhead Trout Fillets 

SWAPPED FOR:

 18 oz Tail-On Shrimp<sup>1</sup> 

 1 Tbsp Sambal Oelek

 1 Tbsp Rice Vinegar

 1 Tbsp Sugar

 1 cup Sushi Rice

 2 Bell Peppers

 2 Tbsps Vegetarian Ponzu Sauce

 2 Tbsps Mirin<sup>2</sup>

 1 tsp Furikake

 1 Avocado

 2 Persian Cucumbers

 2 Tbsps Soy Glaze

 ¼ cup Mayonnaise

## Cook along on the app



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<sup>1</sup> peeled & deveined <sup>2</sup> salted cooking wine  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

### 1 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¼ cups of water**. 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 trout

- Meanwhile, pat the **trout** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on **medium** until hot.
- Add the seasoned trout, 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.\*
- Transfer to a large bowl.



### ↔ CUSTOMIZED STEP 2 *If you chose Shrimp*

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp**. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat; carefully add the **ponzu sauce** and stir to coat.

### 3 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Medium dice the **cucumbers**.
- Combine the **sliced peppers** and **diced cucumbers** in a bowl. Add the **sugar** and **soy glaze**; 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 separate bowl. Add the **furikake** and **vinegar**; season with salt and pepper. Stir 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 trout & serve your dish

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



### ↔ CUSTOMIZED STEP 4 *If you chose Shrimp*

- Serve the **cooked rice** topped with the **finished shrimp**, **seasoned avocado**, **marinated vegetables**, and **spicy mayo**. Enjoy!

\*An instant-read thermometer should register 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.

Blue Apron, LLC, New York, NY 10005

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