

Orange Salmon & Fried Rice

with Mushrooms & Bok Choy

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients



4 Skin-On Salmon Fillets



1 Navel Orange



2 cloves Garlic



1 tsp Black & White Sesame Seeds



1 Pasture-Raised Egg



4 oz Mushrooms



1 piece Ginger



1 cup Long Grain White Rice



15 oz Baby Bok Choy



1/3 cup Soy Glaze



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"Alexa, find Blue Apron recipes."

1 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice, a big pinch of salt, and 2 cups 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.



2 Prepare the ingredients & start the sauce

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **mushrooms**.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Crack the **egg** into a bowl; season with salt and pepper. Beat until smooth.
- Halve the **orange** crosswise; squeeze the juice into a bowl. Add **half the soy glaze and 2 tablespoons of water**; season with salt and pepper.



3 Cook the vegetables & egg

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic and chopped ginger**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened. Using a spoon, move the vegetables to one side of the pan.



Step 3 continued:

- Add a drizzle of **olive oil** to the other side, then add the **beaten egg**. Cook, constantly stirring the egg, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and egg to thoroughly combine.
- Transfer to a large bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Finish the rice

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Turn off the heat. Carefully stir in the **remaining soy glaze**.
- Transfer to the bowl of **cooked vegetables and egg**; stir to combine. Taste, then season with salt and pepper if desired. Cover with the foil to keep warm.
- Rinse and wipe out the pan.



5 Cook the fish

- 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. Cook 3 to 5 minutes, or until browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.* Turn off the heat.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



6 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** over the **finished rice**. Top the fish with the **finished 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 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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