

Steelhead Trout Rice Bowls

with Avocado, Bok Choy & Yuzu Kosho Mayo

WHY WE LOVE THIS DISH

Inspired by traditional Hawaiian poke bowls, we're topping a bed of sushi rice with seared trout, avocado, crispy onions, and more—all finished with sweet soy glaze, yuzu kosho mayo, and a sprinkle of togarashi.

INGREDIENT IN FOCUS

Yuzu kosho is a beloved Japanese condiment made from fermented chiles, salt, and the juice and zest from yuzu—a tart, fragrant citrus fruit grown in East Asia. It brightens up any dish with its intensely aromatic and pleasantly spicy flavor.



PREMIUM

4 SERVINGS

🕒 30-40 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.
blueapron.com/wine

Ingredients

-  4 Sustainably Sourced, Skin-On Steelhead Trout Fillets
-  1 cup Sushi Rice
-  1 Avocado
-  2 Persian Cucumbers
-  3 oz Radishes

-  15 oz Baby Bok Choy
-  1/3 cup Crispy Onions
-  2 1/2 Tbsps Vegetable Demi-Glace
-  3 Tbsps Soy Glaze
-  2 Tbsps Mirin¹

-  1 Tbsp Sesame Oil
-  2 Tbsps Yuzu Kosho
-  1/4 cup Mayonnaise
-  2 Tbsps Rice Vinegar
-  1 Tbsp Togarashi Seasoning²

¹salted cooking wine ². Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice. Place in a bowl; evenly top with **half the vinegar** and season with salt and pepper.
- Medium dice the **cucumbers** and **radishes**; combine in a bowl. Add the **remaining vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- To make the sauce, in a bowl, combine the **soy glaze** and **mirin**.
- In a separate bowl, combine the **mayonnaise** and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook the rice

- In a medium pot, combine the **rice**, **demi-glace**, a **big pinch of salt**, and **1 cup + 2 tablespoons 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.



3 Cook the fish

- Meanwhile, pat the **fish** 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-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate, skin side up.



4 Cook the bok choy & serve your dish

- In the pan of reserved fond, heat the **sesame oil** on medium-high until hot.
- Add the **chopped bok choy**. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with **cooked fish**, **marinated vegetables**, **seasoned avocado**, and **cooked bok choy**. Drizzle with the **sauce** and **yuzu kosho mayo**. Garnish with the **crispy onions** and **as much of the togarashi as you'd like**. 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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