

Mango Chutney-Glazed Yellowtail

with Avocado Salsa & Cilantro Red Rice Salad

WHY WE LOVE THIS DISH

Here, our tender yellowtail fillets get bright, fruity flavor in two ways: a bold mango chutney-butter glaze spooned over the fish as it cooks in the pan, and a topping of fresh orange and avocado salsa.

INGREDIENT IN FOCUS

The star of our glaze is mango chutney, a beloved Indian condiment that combines the sweet fruit with ginger, lemon juice, garam masala, and more.



PREMIUM

4 SERVINGS

⌚ 35-45 MINS



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

Ingredients



4 Sustainably Sourced Yellowtail Fillets



1 cup Red Rice Blend



½ lb Snow Peas



½ lb Grape Tomatoes



1 Avocado

The fish may have some light to dark red coloring, which is natural and edible, providing a similar flavor and texture as the white flesh.



1 Shallot



1 oz Sliced Pickled Jalapeño Pepper



1 Lime



1 Navel Orange



2 oz Salted Butter



½ cup Cilantro Sauce



¼ cup Mango Chutney



1 Tbsp Spanish Spice Blend¹

1. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel and thinly slice the **shallot**.
- If desired, remove the tough strings from the **snow peas**.
- Halve the **tomatoes**.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then small dice.
- Peel and small dice the **orange**.
- Quarter the **lime**.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **diced avocado**, **diced orange**, the **juice of 2 lime wedges**, a drizzle of **olive oil**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **snow peas** and **halved tomatoes**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and softened.
- Transfer to a bowl.
- Wipe out the pan.



4 Cook & glaze the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until lightly browned.
- Flip the fish, then add the **mango chutney** (carefully, as the liquid may splatter), $\frac{1}{4}$ **cup of water**, and **butter**. Cook 3 to 4 minutes, frequently spooning the glaze over the fish, or until the fish is coated and cooked through.*
- Turn off the heat.



5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **cooked vegetables** and **cilantro sauce**; season with salt and pepper. Stir to combine.
- Serve the **finished rice** topped with the **glazed fish** (including any glaze from the pan) and **avocado salsa**. Serve the **remaining lime wedges** on the side. 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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