

Curry-Glazed Salmon & Rice

with Ginger Green Beans & Peppers

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients



4 Skin-On Salmon Fillets



½ lb Sweet Peppers



2 Tbsps Soy Sauce



⅓ cup Crispy Onions



1 cup Long Grain White Rice



1 piece Ginger



1 Tbsp Sesame Oil



3 Tbsps Roasted Peanuts



¾ lb Green Beans



1 Tbsp Yellow Curry Paste



1 Tbsp Honey



1 tsp Black & White Sesame Seeds



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"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **ginger**; finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the stems of the **peppers**; remove the cores. Quarter lengthwise.
- Cut off and discard any stem ends from the **green beans**.
- Roughly chop the **peanuts**; place in a bowl. Add the **crispy onions** and stir to combine.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **soy sauce**, **¼ cup of warm water**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped ginger**, **pepper pieces**, and **green beans**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the **sesame seeds**. Cover with foil to keep warm.
- Wipe out the pan.



4 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 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, then add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.*
- Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish with the **peanut-onion mixture**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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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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