

Seared Salmon & Spicy Sesame Sauce

with Bok Choy & Mushrooms

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients*



2 Skin-On Salmon Fillets



4 oz Mushrooms



2 Tbsps Soy Glaze



1 tsp Black & White Sesame Seeds



½ cup Long Grain White Rice



2 cloves Garlic



1 Tbsp Sambal Oelek



10 oz Baby Bok Choy



2 Scallions



1 Tbsp Sesame Oil



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Cut the **mushrooms** into bite-sized pieces.



2 Make the garlic-scallion rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **half the chopped garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **rice**, a **big pinch of salt**, and **1 cup of water** (carefully, as the liquid may splatter). 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. Add the **sliced green tops of the scallions**; stir to combine.



3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped bok choy stems**, **mushroom pieces**, and **remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.



Step 3 continued:

- Add the **chopped bok choy leaves**. Cook, stirring frequently, 30 seconds to 1 minute, or until wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

4 Make the sauce

- Meanwhile, in a bowl, combine the **soy glaze**, **half the sesame oil**, and **as much of the sambal oelek** as you'd like, depending on how spicy you'd like the dish to be.



5 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 the **remaining sesame 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 lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Turn off the heat.
- Serve the **cooked fish** with the **cooked vegetables** and **garlic-scallion rice**. Top with the **sauce**. Garnish with the **sesame seeds**. 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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