

Orange Salmon & Fried Rice

with Mushrooms & Bok Choy

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients

 4 Skin-On Salmon Fillets 


SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 1 Pasture-Raised Egg

 1 cup Long Grain White Rice

 4 oz Mushrooms


 15 oz Baby Bok Choy

 2 cloves Garlic

 1 piece Ginger

 1 Navel Orange

 ⅓ cup Soy Glaze

 1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol
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¹. peeled & deveined

*Ingredients may be replaced and quantities may vary.



"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.
- 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 salmon

- Pat the **salmon** 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 salmon, 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- 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 salmon** over the **finished rice**. Top the salmon with the **finished sauce**. Garnish with the **sesame seeds**. Enjoy!



↺ CUSTOMIZED STEP 6 If you chose Shrimp

- Finish the sauce and serve your dish as directed with the **cooked shrimp** (instead of salmon).

*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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