

Ginger-Soy Glazed Salmon

with Broccoli Rabe & Soba Noodles

For this recipe, you'll use flavorful, decadent black bean sauce. But not the black beans you're thinking of! This ingredient is made from soybeans that are salted and fermented then puréed with garlic. Black soybeans are one of the oldest known foods made from soybeans. Here, they form the base of a tangy, zesty glaze for salmon.



Ingredients

- 5 Ounces Broccoli Rabe
- 2 Salmon Fillets, Skin-On
- 2 Cloves Garlic
- 2 Scallions
- 1 1-Inch Piece Ginger
- 1 Bunch Cilantro
- 1 Lime
- 8 Ounces Soba Noodles
- 3 Tablespoons Cup Black Bean Garlic Sauce
- 1 Tablespoon Sesame Oil
- 1 Tablespoon Sriracha
- 1 Teaspoon White Sesame Seeds

Makes 2 Servings
About 625 Calories Per Serving



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Recipe #362

Instructions



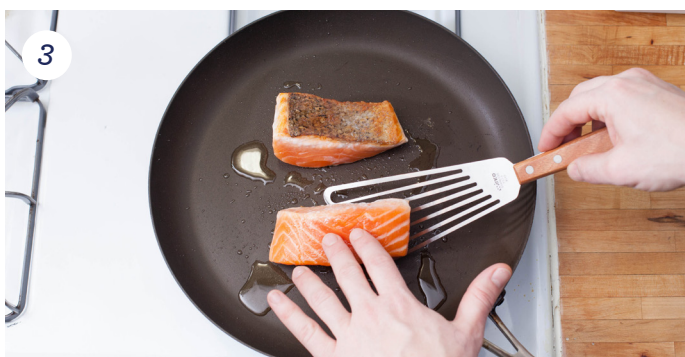
Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the salmon from the refrigerator to bring to room temperature. Roughly chop the broccoli rabe, separating the stems and leaves. Peel and mince the ginger and garlic. Thinly slice the scallions on an angle, separating the white and green parts. Pick the cilantro leaves off the stems. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the peel to get 2 teaspoons of lime zest. Quarter the lime.



Cook the noodles & make the sauce:

Once the water is boiling, add the **soba noodles** and cook 4 to 5 minutes, or until tender. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. In a small bowl, whisk together the **black bean garlic sauce**, **sesame oil**, **lime zest**, **the juice of 2 lime wedges**, $\frac{1}{2}$ cup of water and **as much sriracha as you'd like**, depending on how spicy you'd like the dish to be.



Cook the salmon:

Pat the **salmon fillets** dry and season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium until hot. Add the fillets to the pan, skin side down first, and cook 3 to 5 minutes per side, or until the skin is crispy and the fish is cooked to your desired degree of doneness. (Loosely cover the pan with aluminum foil to help the salmon cook faster.) Transfer the fish to a plate and lightly cover with foil. Wipe out the pan.



Make the ginger soy-glaze:

In the same pan used to cook the fish, heat 2 teaspoons of oil on medium-high until hot. Add the **ginger**, **garlic**, **white parts of the scallions** and **broccoli rabe stems**. Cook, stirring frequently, 1 to 2 minutes, or until the rabe has softened. Add in the **sauce** from step 2 and simmer for 1 to 2 minutes, or until slightly thickened.



Glaze the salmon:

Add the **cooked salmon** to the pan of glaze, skin side down. Cook 1 to 2 minutes, spooning the sauce over the salmon to completely glaze it. Transfer the glazed fish to a plate and set aside in a warm place while you finish cooking.



Finish & plate your dish:

Add the **broccoli rabe leaves** to the pan of glazed fish and cook 30 seconds to 1 minute, or until slightly wilted. Rinse the **soba noodles** under water to loosen them, then add the noodles to the pan. Cook 1 to 2 minutes, or until thoroughly coated. To plate your dish, divide the **noodle-broccoli rabe mixture** between 2 dishes and top with the **salmon**. Garnish with the **white sesame seeds**, **green parts of the scallions**, **cilantro** and **remaining lime wedges**. Enjoy!