

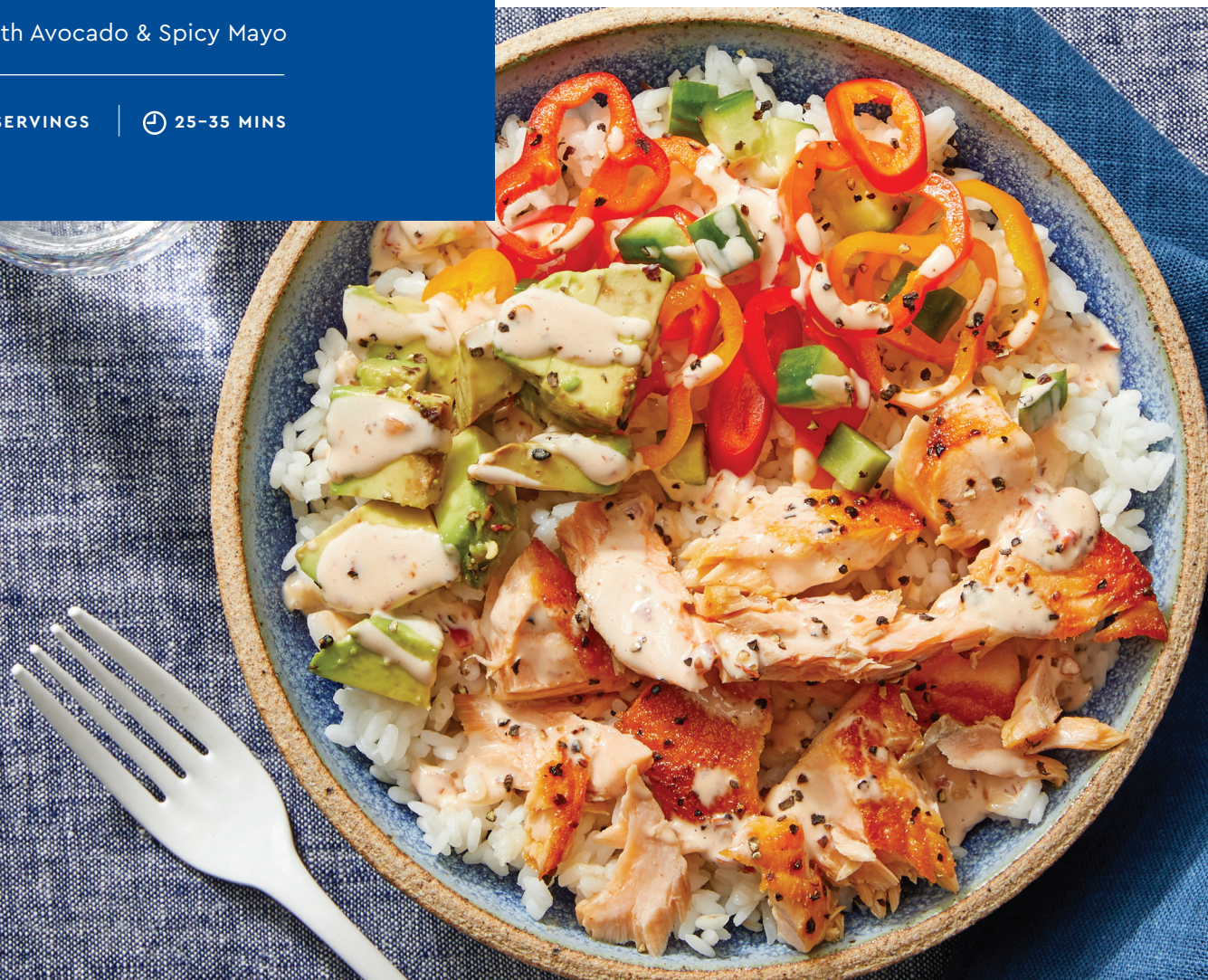
Salmon & Sushi Rice Bowls

with Avocado & Spicy Mayo

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients*



4 Skin-On Salmon Fillets



1 cup Sushi Rice



1 Avocado



2 Persian Cucumbers



2 Bell Peppers



1 Tbsp Rice Vinegar



2 Tbsps Mirin¹



2 Tbsps Soy Glaze



1 Tbsp Sambal Oelek



2 Tbsps Vegetarian Ponzu Sauce



¾ cup Mayonnaise



1 Tbsp Sugar



1 tsp Furikake

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¹. salted cooking wine

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **mirin**.



2 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive 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.*
- Transfer to a large bowl.



3 Prepare the remaining ingredients

- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice.
- Medium dice the **cucumbers**.
- In a large bowl, whisk together the **sugar** and **soy glaze**. Add the **sliced peppers** and **diced cucumbers**; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then medium dice; place in a separate bowl. Add the **furikake** and **vinegar**; season with salt and pepper. Toss to coat.
- In a separate bowl, whisk together the **mayonnaise**, **1 tablespoon of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



4 Finish the fish & serve your dish

- When cool enough to handle, remove the skin from the **cooked fish**.
- Using two forks, flake the fish into large pieces.
- Add the **ponzu sauce**; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished fish**, **seasoned avocado**, **marinated vegetables**, and **spicy mayo**. 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, sesame, and wheat.
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