

Seared Salmon & Sweet Chili Glaze

with Brown Rice & Sautéed Vegetables

 30-40 MINS | 2 SERVINGS

The star of this dish is the vibrant soy and sweet chili glaze we're spooning over our salmon as it sears in the pan, which imbues it with all of the deliciously bright, savory flavors. To soak up the rich glaze, we're serving the fillets alongside a simple bed of brown rice.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



2
SKIN-ON SALMON
FILLETS



4 oz
SUGAR SNAP PEAS



2 cloves
GARLIC



1 Tbsp
SOY SAUCE



1 Tbsp
SESAME OIL



1/2 cup
BROWN RICE



6 oz
CARROTS



2
SCALLIONS



3 Tbsps
SWEET CHILI
SAUCE



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients & make the glaze:

- Wash and dry the fresh produce.
- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Combine the **chopped garlic** and **sliced white bottoms of the scallions** in a bowl.
- Peel the **carrots**; thinly slice on an angle.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Combine the **sliced carrots** and **prepared peas** in a bowl.
- In a separate bowl, whisk together the **soy sauce, sweet chili sauce, and 2 tablespoons of water**.



2 Cook the rice:

- Add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



3 Cook the vegetables:

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **prepared carrots and peas**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened and the water has cooked off.
- Add the **prepared garlic and white bottoms of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. 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 **1 teaspoon of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned.
- Flip and cook 2 minutes. Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until 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 **sliced green tops of the scallions**. Enjoy!

**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 720, Total Carbohydrates: 72g, Dietary Fiber: 7g, Added Sugar: 11g, Total Fat: 28g, Saturated Fat: 6g, Protein: 38g, Sodium: 1310mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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