

Spicy Orange-Glazed Yellowtail Fillets

with Fried Rice & Candied Cashews

WHY WE LOVE THIS DISH

Our tender yellowtail fillets get rich, bright flavor from a glaze of fresh orange juice, soy glaze, honey, and spicy gochujang—spooned over the fish as it cooks in the pan.

TECHNIQUE TO HIGHLIGHT

To make the spiced, candied cashews, you'll cook them briefly in the pan with our bold togarashi blend and brown sugar to develop that sweet, sticky coating. Transferring them to parchment or a lightly greased plate is key so they don't stick to the plate as they cool!



PREMIUM

4 SERVINGS

⌚ 35-45 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical. blueapron.com/wine

Ingredients

-  4 Yellowtail Fillets
-  2 Pasture-Raised Eggs
-  1 cup Long Grain White Rice
-  15 oz Baby Bok Choy
-  6 oz Shishito Peppers
-  1 Bell Pepper

The fish may have some light to dark red coloring, which is natural and edible, providing a similar flavor and texture as the white flesh.

-  1 Navel Orange
-  1/3 cup Asian-Style Sautéed Aromatics
-  1 Tbsp Light Brown Sugar
-  2 Tbsps Honey
-  1/3 cup Soy Glaze
-  2 tsps Gochujang

-  2 Tbsps Soy Sauce
-  1 Tbsp Sesame Oil
-  2 Tbsps Rice Vinegar
-  3 Tbsps Roasted Cashews
-  1 Tbsp Togarashi Seasoning¹

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any small stones or 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 & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Crack the **eggs** into a bowl; season with salt and pepper, then beat until smooth.
- Halve the **orange**; squeeze the juice into a bowl. Add the **vinegar**, **honey** (kneading the packet before opening), **soy glaze**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the sauce to be; whisk until thoroughly combined.
- Cut off and discard the stems of the **shishito peppers**; cut crosswise into 1-inch pieces. Thoroughly wash your hands immediately after handling.



3 Make the candied cashews

- Line a plate with parchment paper or lightly grease with oil.
- Heat a large pan (nonstick, if you have one) on medium-high until hot.
- Add the **cashews** and **1 teaspoon of olive oil**. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned.
- Add the **togarashi** and **sugar**. Cook, stirring constantly, 1 to 2 minutes, or until combined and the sugar begins to dissolve.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until the cashews are coated and the water has cooked off.



Step 3 continued:

- Transfer to the prepared plate in an even layer to avoid sticking; immediately season with salt.
- Set aside to cool. Taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.

4 Cook the vegetables & eggs

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced bell pepper** and **shishito pepper pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced bok choy** and **sautéed aromatics**; season with salt and pepper. Cook, stirring frequently, 1 to 2 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 eggs**. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and eggs 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.



5 Make the fried rice

- In the same pan, heat the **sesame 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.
- Transfer to the bowl of **cooked vegetables and eggs**; add the **soy sauce**. Stir to combine. Taste, then season with salt and pepper if desired. Cover with the foil to keep warm.
- Wipe out the pan.



6 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until lightly browned.
- Flip the fish and add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 3 to 4 minutes, or until the fish is coated and cooked through.* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) over the **fried rice**. Garnish with the **candied cashews**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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

Blue Apron, LLC
New York, NY 10005