



AUG
2016

Crispy Salmon

with Bok Choy, Wasabi Lime Dressing, and Soy-Infused Rice

If you've avoided wasabi due to its pungent flavor, now is the time to give it a second chance. We've mellowed out the strong taste by adding some tangy lime before drizzling it on flaky salmon, tender greens, and a bed of jasmine rice.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



make me first



Salmon



Jasmine Rice



Bok Choy



Soy Sauce



Ginger



Garlic



Vegetable Stock Concentrate



Wasabi Paste



Mayonnaise




Lime



Scallions

Ingredients

| | 2 People | 4 People |
|--|----------|----------|
| Salmon | 1) 12 oz | 24 oz |
| Jasmine Rice | ½ Cup | 1 Cup |
| Bok Choy | 2 | 4 |
| Soy Sauce | 2)3) 1 T | 2 T |
| Ginger | 1 Thumb | 2 Thumbs |
| Garlic | 2 Cloves | 4 Cloves |
| Vegetable Stock Concentrate | 1 | 2 |
| Wasabi Paste  | 1 T | 2 T |
| Mayonnaise | 2)4) 2 T | 4 T |
| Lime | 1 | 2 |
| Scallions | 2 | 4 |
| Olive Oil* | 2 t | 4 t |

*Not Included

Allergens

- 1) Fish
- 2) Soy
- 3) Wheat
- 4) Eggs

Tools

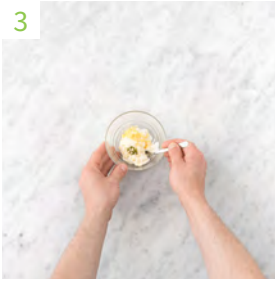
Small pot, Peeler, Grater, Small bowl, Large pan

Nutrition per person Calories: 752 cal | Fat: 40 g | Sat. Fat: 7 g | Protein: 43 g | Carbs: 55 g | Sugar: 4 g | Sodium: 1097 mg | Fiber: 4 g

2



3



4



5



1 Cook the rice: Bring **1 cup water**, the **rice**, the **stock concentrate** and **1 Tablespoon soy sauce** to a boil in a small pot. Cover and reduce to a simmer for 20 minutes, until tender.

2 Prep the ingredients: **Wash and dry all produce.** Trim and discard the root end of the **bok choy**, before separating the leaves. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Halve the **lime**. Cut one half into wedges. Peel and grate the **ginger** into a paste. Grate the **garlic** into a paste. Alternatively, mince the garlic and ginger, then smash it against your cutting board with the side of your knife.

3 Make the wasabi lime dressing: In a small bowl, combine the **mayonnaise**, a **squeeze of lime**, a **pinch of garlic**, a **pinch of ginger**, and some **wasabi paste**. (**TIP:** Add a little, taste, and then add more if desired.) Thin to a dressing-like consistency with **2-3 teaspoons water**. Season with **salt** and **pepper**.

4 Sauté the bok choy: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **scallion whites**, remaining **garlic**, and remaining **ginger** to the pan. Cook 1-2 minutes, until slightly golden. Add the **bok choy** and **1 Tablespoon water** to the pan. Cook, tossing, until wilted, 2-3 minutes. Season with **salt** and **pepper**. Remove from the pan and set aside, covered to keep warm.

5 Cook the salmon: Heat a drizzle of **olive oil** in the same pan over medium-high heat. Season the **salmon** on all sides with **salt** and **pepper**. Add to the pan skin-side down. Cook 5-6 minutes, until skin is crispy and golden brown. Reduce heat to medium, flip salmon, and cook 3-4 minutes, until opaque.

6 Finish: Serve the **crispy salmon** and **bok choy** on a bed of **soy-infused rice**. Drizzle with the **wasabi lime dressing**, garnish with the **scallion greens**, and serve with a wedge of **lime**. Enjoy!