

# Crispy Salmon

## with Orzo, Green Bean & Cucumber Salad

In this simple, elegant dish, crispy salmon pairs perfectly with a creamy, lemony salad of orzo pasta and refreshing vegetables. (To give the pan-seared salmon its delicate crunch, we're letting it cook nearly through on the skin side. Once turned, it needs only another minute or so.) The whole meal gets a sweet, aromatic lift from fresh dill, which forms a classically delicious trio with the salmon and lemon—and makes for a gorgeous garnish.

### Blue Apron Wine Pairings

Alma Gitana Grenache, 2014  
Marco Flacco Pinot Grigio, 2014



### Ingredients

- 2 Skin-On Salmon Fillets
- 4 Ounces Orzo Pasta
- 3 Ounces Green Beans
- 2 Cloves Garlic
- 1 Cucumber
- 1 Lemon
- 1 Bunch Dill
- 1 Bunch Parsley

### Knick Knacks

- 1 Shallot
- 1/4 Cup Sour Cream

**Makes:** 2 servings | **Calories:** about 660 per serving

**Prep Time:** 15 minutes | **Cook Time:** 15–25 minutes

## Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/976](http://blueapron.com/recipes/976)

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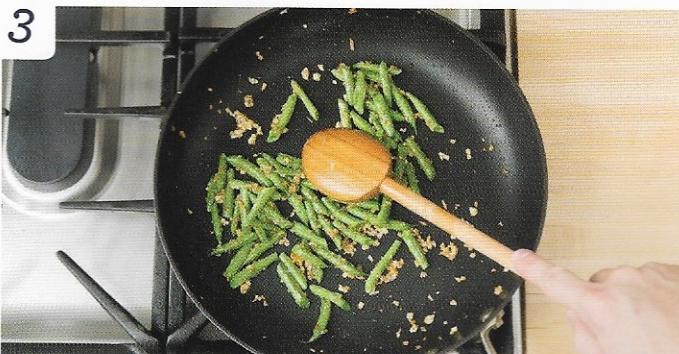
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### Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Snap off and discard the green bean stems; cut into 1-inch pieces on an angle. Peel and mince the garlic and shallot. Peel the cucumber, leaving alternating strips of skin intact. Halve the cucumber lengthwise; scoop out and discard the seeds, then medium dice. Finely chop the parsley leaves and stems. Pick the dill fronds off the stems; discard the stems and finely chop half the fronds, leaving the rest whole. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

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### Cook the green beans:

While the orzo cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. Add the **garlic** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Remove from heat.

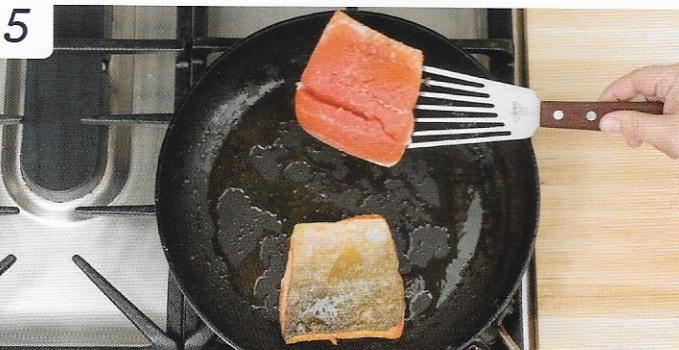
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### Make the orzo salad:

To the pot of cooked orzo, add the **cooked green beans**, **sour cream**, **cucumber**, **parsley**, **chopped dill**, **lemon zest**, the **juice of 2 lemon wedges** and **1 tablespoon of olive oil**. Stir to thoroughly combine; season with salt and pepper to taste. Rinse and wipe out the pan used to cook the green beans.

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### Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down; cook 4 to 5 minutes on the first side, or until crispy. Flip and cook 30 seconds to 1 minute, or until cooked to your desired degree of doneness. Remove from heat.

6



### Plate your dish:

Divide the **orzo salad** between 2 dishes. Top with the **cooked salmon fillets**. Garnish with the **whole dill fronds** and **remaining lemon wedges**. Enjoy!

# Korean Pork Tacos

## with Spicy Red Cabbage Slaw

In tonight's recipe, tacos make for a quick, easy way to showcase delicious Korean flavors. Our saucy pork filling owes its kick of heat to gochujang, an authentic red chile paste—which we're also adding to a kimchi-inspired slaw of crisp red cabbage. Tangy, vinegar-infused sour cream perfectly tempers the spice. (Mixing in a splash of rice vinegar brightens the sour cream and gives it just the right consistency for drizzling over the tacos.)

### Blue Apron Wine Pairing

Vermillion Red, 2014



### Ingredients

10 Ounces Ground Pork  
4 Flour Tortillas  
6 Ounces Red Cabbage  
3 Radishes  
2 Cloves Garlic  
2 Scallions

### Knick Knacks

2 Teaspoons Sugar  
1 1-Inch Piece Ginger  
1 Tablespoon Gochujang  
1 Tablespoon Sesame Oil  
1/4 Cup Rice Vinegar  
1/4 Cup Sour Cream

**Makes:** 2 servings | **Calories:** about 840 per serving  
**Prep Time:** 15 minutes | **Cook Time:** 15–25 minutes



## Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/974](http://blueapron.com/recipes/974)



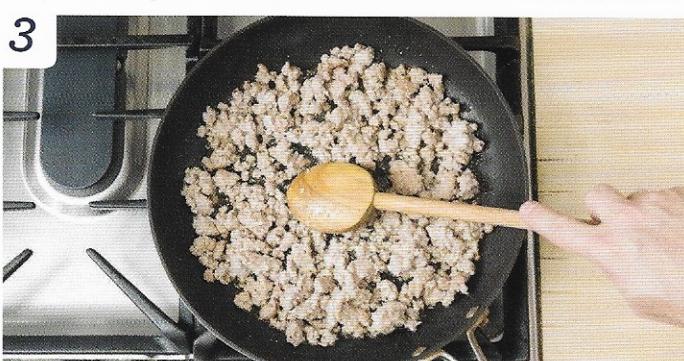
### Prepare the ingredients:

Wash and dry the fresh produce. Cut out and discard the cabbage core; thinly slice the leaves and place in a large bowl. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Peel and mince the ginger. Cut off and discard the ends of the radishes; thinly slice into rounds.



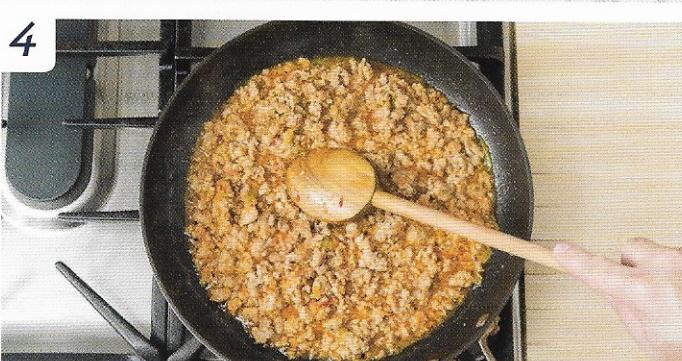
### Make the slaw:

To the bowl of **cabbage**, add the **sesame oil**, **sugar**, up to **half the garlic paste**, **half the white bottoms of the scallions**, **¾ of the vinegar** and up to **¼ of the gochujang**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Toss to thoroughly combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



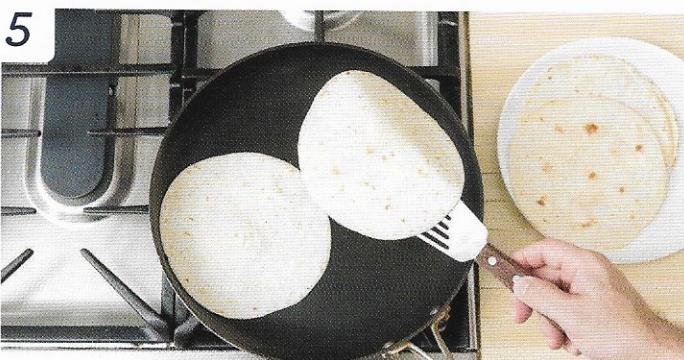
### Start the pork:

While the slaw marinates, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ground pork** (removing and discarding the paper lining from the bottom); season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.



### Finish the pork:

To the pan, add the **ginger**, **remaining garlic paste**, **remaining white bottoms of the scallions** and **as much of the remaining gochujang as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add **¾ cup of water** and cook, stirring occasionally, 4 to 6 minutes, or until the pork is cooked through and the liquid has cooked off. Season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.



### Warm the tortillas:

Heat the same, dry pan on medium-high until hot. Working in batches, add the **tortillas** and heat 30 seconds to 1 minute per side, or until warm and pliable. Divide between 2 dishes.



### Finish & plate your dish:

In a bowl, combine the **sour cream** and **remaining vinegar**. Divide the **finished pork** between the **warmed tortillas**. Top with the **radishes** and a few spoonfuls of the sour cream-vinegar mixture. Garnish with the **green tops of the scallions**. Divide the **slaw** between 2 bowls and serve on the side. Enjoy!

# Blackened Chicken

*with Zucchini Rice, Corn & Cherry Tomatoes*

Ancho chile powder, with its pleasant heat and subtle earthiness, is one of the best-loved spices in Mexican cooking. To make the most of its flavor, we're coating our chicken with the chile powder, then searing the chicken in a hot pan—charring (or “blackening”) the spices and developing a tasty crust. A sauté of fresh, sweet corn and cherry tomatoes balances this succulent centerpiece with delicious brightness.

#### Blue Apron Wine Pairings

Uvaggio Vermentino, 2015

Gash Vineyards Cabernet Sauvignon, 2014



## Ingredients

2 Boneless, Skinless Chicken Breasts

½ Cup Jasmine Rice

4 Ounces Cherry Tomatoes

3 Cloves Garlic

2 Scallions

1 Ear of Corn

1 Lime

1 Zucchini

1 Bunch Cilantro

## Knick Knacks

2 Teaspoons Ancho Chile Powder

¼ Cup Mexican Crema

**Makes:** 2 servings | **Calories:** about 710 per serving

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes

## Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/975](http://blueapron.com/recipes/975)

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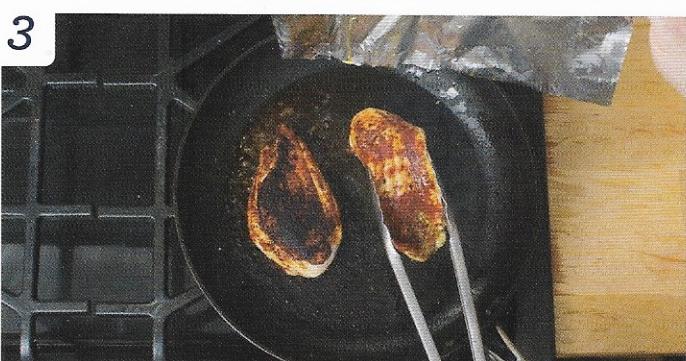
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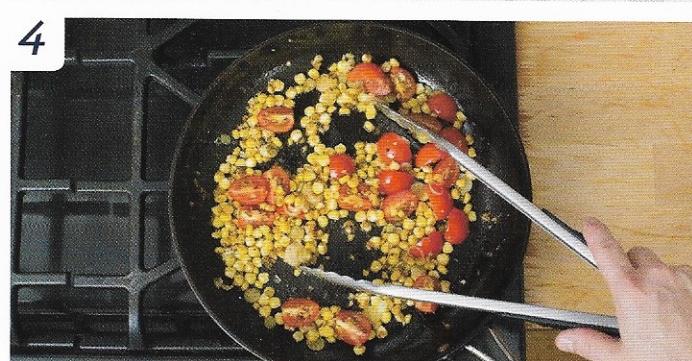
### Make the zucchini rice:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **zucchini** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Stir in the **rice** and **1 cup of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Stir in **the juice of the remaining lime wedges**; season with salt and pepper to taste.

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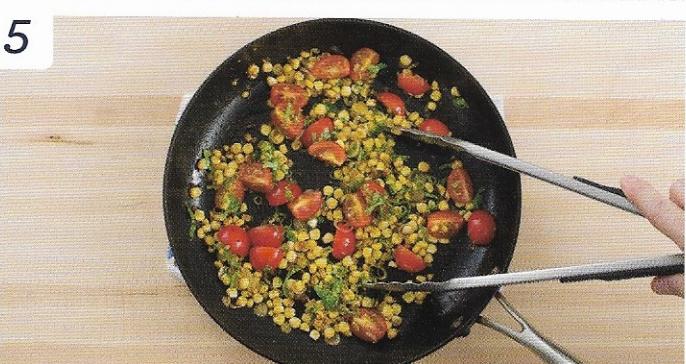
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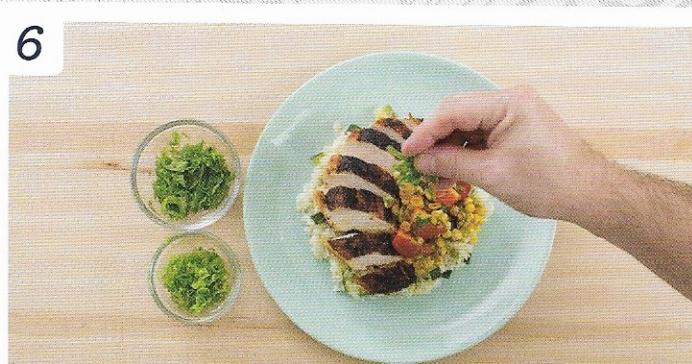
### Start the vegetables:

Add the **corn** to the pan; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **tomatoes, white bottoms of the scallions** and **remaining garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Remove from heat.

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### Plate your dish:

Slice the **cooked chicken** crosswise; stir any juices from the cutting board into the pan of **finished vegetables**. Divide the **zucchini rice**, sliced chicken and vegetables between 2 dishes. Garnish with the **remaining cilantro** and **remaining green tops of the scallions**. Serve with the **lime crema** on the side. Enjoy!

### Finish the vegetables:

Add **half the cilantro** and **half the green tops of the scallions** to the pan. Stir to combine and season with salt and pepper to taste.

# From the farm

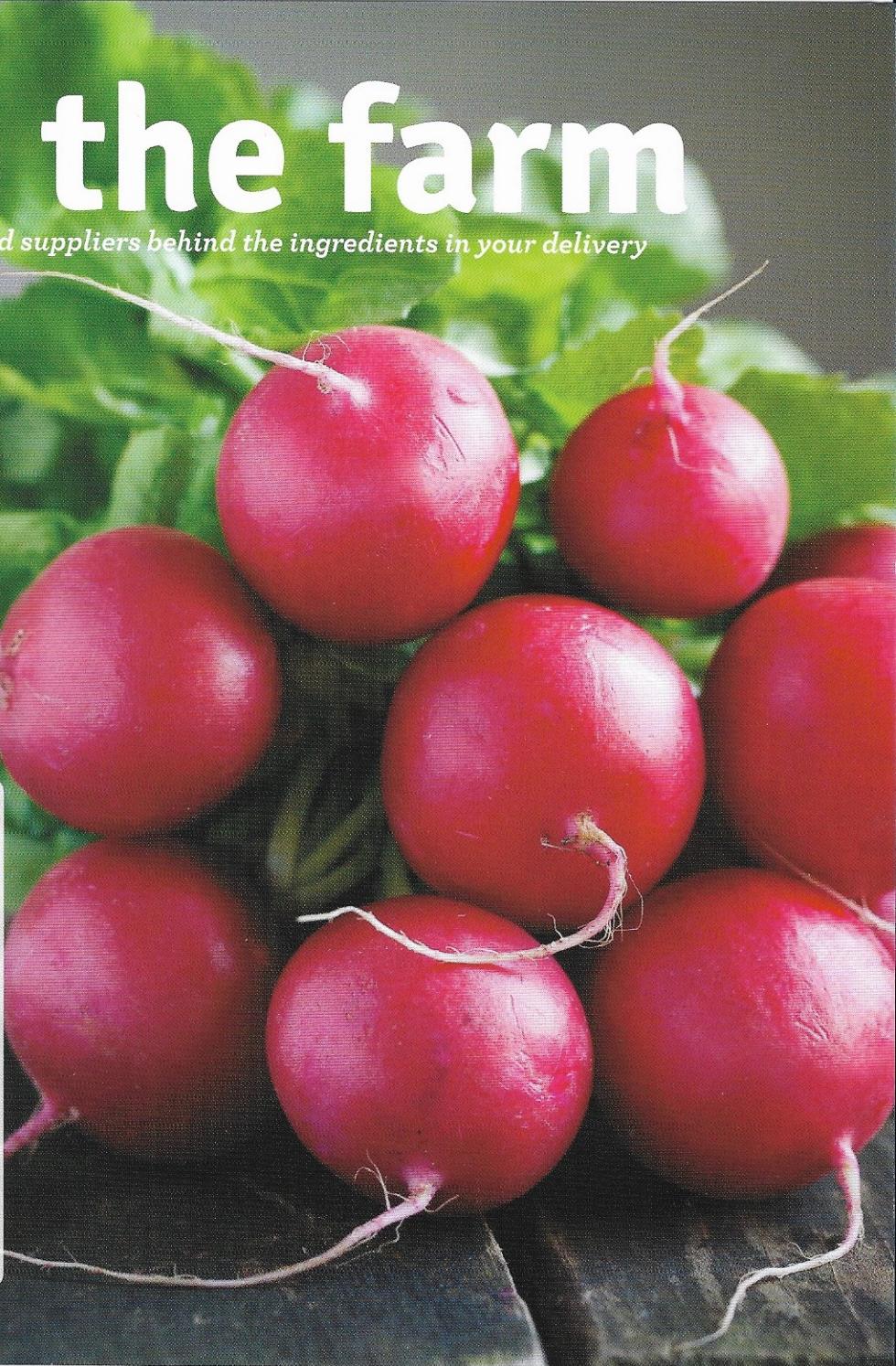
The stories, techniques and suppliers behind the ingredients in your delivery

## Radish

*The radish is a crisp, peppery root vegetable in the cabbage, or Brassicaceae, family that likely originated in Western Asia.*

Radishes are popular the world over for their firm, crunchy texture and mildly piquant bite. Young red radishes, which mature quickly after they've been planted in the

spring, are favored in the U.S., where they're often sliced and eaten raw in salads or on their own. They're also delicious cooked, which tames some of their spiciness.



## Field guide

### BLACK RADISH



Popular in Eastern Europe, black radishes are notable for their charcoal-hued exterior and stark white interior. Their firm flesh has a heat similar to that of horseradish.



### WATERMELON RADISH

This mild variety is an heirloom daikon radish from China. Though visually unassuming when whole, upon slicing, it reveals a bright pink interior surrounded by an outer green layer, much like its namesake fruit.



### DAIKON RADISH

The daikon radish is a crisp variety of white radish that can grow up to a foot and a half long. Grated daikon radish is often used as a garnish for Japanese sashimi, and it's a common ingredient in Korean kimchi.

# Fun facts



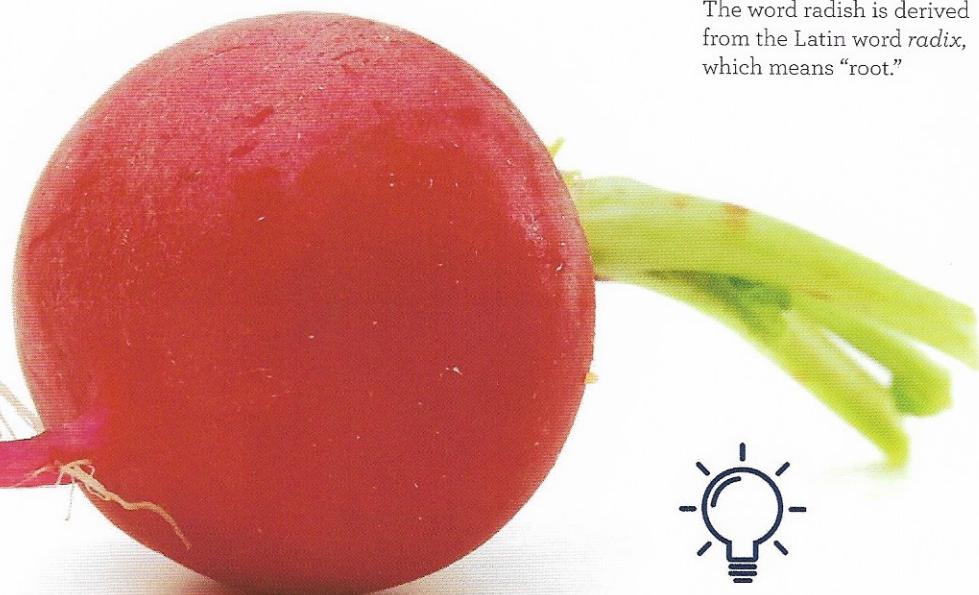
## COMMON THREADS

The radish's piquancy is due to the presence of mustard oil. Other members of the cabbage family share this feature—among them mustard greens, horseradish and wasabi.



## ANCIENT HISTORY

The history of black radishes dates back to Ancient Egypt. An inscription is said to have been carved in the Great Pyramid of Giza recording how many radishes were eaten by those building the structure.



## WHAT'S IN A NAME?

The word radish is derived from the Latin word *radix*, which means "root."



## DID YOU KNOW?

Every December 23<sup>rd</sup>, the city of Oaxaca, Mexico, celebrates the Night of the Radishes, a radish-carving competition that's over 115 years old.



## RADISH GREENS

Don't be afraid to give the leafy tops of the radish plant a try. Delicious and nutritious, they can be eaten raw or cooked. They have a pleasantly bitter flavor similar to that of arugula.



## STORAGE

Radishes should be tightly wrapped and kept in the refrigerator to preserve their moisture. For added crispness, you can soak them in ice water before using them.



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