salmon with creamy-wasabi glaze and sweet mirin chard



APRON'S ADVICE

Complete your meal with a fresh salad blend, French baguette, and Key lime pie for dessert. For extra spiciness, add 1/4–1/2 teaspoon more wasabi powder, to the sauce, to increase the heat level.

SHOPPING LIST

Dry Grocery

1/2 cup goddess dressing 1 cup long-grain white rice 1/3 cup mirin cooking wine 1 tbsp ponzu sauce 2 tbsp sesame oil 1/2 tsp wasabi powder

Produce

2 bunches Swiss chard 1/2 cup fresh pre-diced red onions 1/2 cup fresh shelled edamame 1/4 bunch green onions

Seafood

4 salmon fillets (skin removed; 1 1/2 lb)

From Your Pantry

2 tbsp canola oil 1/2 tsp kosher salt



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COOKING SEQUENCE

- Prepare chard through step 1 5 minutes
- Prepare salmon recipe through step 3 15 minute
- Complete chard and salmon recipe: serve 10 minutes

salmon with creamy-wasabi glaze

INGREDIENTS

1/2 cup green onions, coarsely chopped

2 tablespoons sesame oil, divided

1 cup long-grain white rice

2 cups water

1/2 teaspoon kosher salt

1 tablespoon canola oil

4 salmon fillets (skin removed; 1 1/2 lb,

1/2 cup goddess dressing

1 tablespoon ponzu sauce

1/2 teaspoon wasabi powder

1/2 cup fresh shelled edamame

PREP

• Chop green onions.

STEPS

- 1. Preheat medium saucepan on medium-high 2–3 minutes. Place 1 tablespoon sesame oil in pan, then add rice; toast rice 1 minute, stirring often. Add water and salt; reduce heat to low and bring to a simmer. Cover and cook 18–20 minutes or until rice is tender.
- 2. Preheat large sauté pan on medium-high 2–3 minutes. Place canola oil in pan, then add salmon; cook 4 minutes without turning. Whisk dressing, ponzu sauce, and wasabi until blended.
- 3. Reduce heat to medium and turn salmon; pour about 1/3 cup wasabi sauce over salmon fillets; cook 4 minutes more or until fish is 145°F (or flesh is opaque and separates easily). Cover and remove pan from heat.
- 4. Fluff rice with fork; stir in green onions, edamame, and remaining 1 tablespoon sesame oil.
- 5. Drizzle remaining wasabi sauce (3 tablespoons) over salmon. Serve salmon over rice.

CALORIES (per 1/4 recipe) 750kcal; FAT 43g; CHOL 95mg; SODIUM 680mg; CARB 47g; FIBER 2g; PROTEIN 42g; VIT A 8%; VIT C 20%; CALC 6%; IRON 15%

sweet mirin chard

INGREDIENTS

2 bunches Swiss chard1 tablespoon canola oil

1/2 cup fresh pre-diced red onions 1/3 cup mirin cooking wine

STEPS

- 1. Remove stems from chard, then chop leaves coarsely.
- 2. Preheat large sauté pan on medium-high 2–3 minutes. Place oil in pan, then add chard and onions; cook 1–2 minutes, stirring constantly, or until leaves begin to wilt.
- 3. Add mirin; continue to cook and stir 1–2 more minutes or until wine reduces by about one-half and thickens. Serve.

CALORIES (per 1/4 recipe) 130kcal; FAT 3.5g; CHOL 0mg; SODIUM 370mg; CARB 17g; FIBER 5g; PROTEIN 4g; VIT A 250%; VIT C 60%; CALC 15%; IRON 25%