



Ponzu-Glazed Salmon

WITH PINEAPPLE FRIED RICE

Express Plus



Prep & Cook Time

20-30 MIN

Cook Within

3 DAYS

Difficulty Level

EASY

Spice Level

MEDIUM

You Will Need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans,
Mixing Bowl

Ingredients

- 3¾ oz. Minute Rice
- .46 oz. Brown Sugar
- 🔪 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- 4 oz. Mixed Diced Peppers
- 2 oz. Pineapple Chunks
- 2 Green Onions
- 2 fl. oz. Ponzu Sauce
- .203 fl. oz. Soy Sauce
- 1 tsp. Garlic Pepper

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice New York Strip Steak
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/24586

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions, ponzu**



1. Cook the Salmon

- Pat **salmon** dry and season flesh side with **Asian garlic, ginger & chile seasoning** (use less if spice-averse) and a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner and transfer salmon to a plate. Reserve pan; no need to wipe clean.
- While salmon cooks, continue recipe.



3. Make the Fried Rice

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **diced peppers** to hot pan and stir occasionally until peppers are tender, 5-7 minutes.
- Add **pineapples** and stir occasionally, 1 minute.
- Add **white portions of green onions**, 1 cup **water**, **garlic pepper**, remaining **ponzu**, and a pinch of **salt**. Bring to a boil.
- Once boiling, stir in **rice**. Cover and cook until all water has been absorbed, 3-5 minutes.
- Once water has completely evaporated, stir in **soy sauce**.
- Remove from burner.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as salmon in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filets mignon, sirloin steak, or NY strip steak**, follow same instructions as salmon in Step 1, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



2. Prepare Ingredients and Make Glaze

- Coarsely chop **pineapple** into smaller pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- In a mixing bowl, combine **brown sugar**, half the **ponzu** (reserve remaining for fried rice), and 2 Tbsp. **water**. Stir until thoroughly combined. Set aside.



4. Add Glaze and Finish Dish

- Return pan used to cook salmon to medium heat.
- Add **glaze** to hot, dry pan and cook until glaze is reduced and thick enough to coat the back of a spoon, 1-2 minutes.
- Add **salmon** and flip to completely coat with glaze. Remove from burner.
- Plate dish as pictured on front of card, garnishing with **green portions of green onions**. Bon appétit!