Pescatarian MEAL PREP

ON THE MENU

2 servings of each:

Italian-Style Shrimp & Orzo
with Spicy Mascarpone

Shrimp & Roasted Vegetables
with Spanish-Spiced Mayo

Tilapia & Creamy Salsa Verde
with Orzo, Spinach & Snow Peas

Guajillo-Roasted Tilapia
with Vegetables & Cilantro Sour Cream

Let's get cooking

ONE PREP. EIGHT SERVINGS. OPTIONS FOR DAYS. Here's your easy step-by-step guide for making mealtime magic—from Prep Day to putting on the finishing touches when you're ready to serve and eat.

1. **UNBOX + PLAN** — 15 min
2. **COOK EVERYTHING** — 60 min
3. **MAKE THE SAUCES** — 10 min
4. **ASSEMBLE + STORE** — 10 min
5. **FINISH + SERVE** — 5 min

Share your photos with **#mealprep** and **#blueapron**

STEP 1

Unbox + Plan

1 — 2 — 3 — 4 — 5

15 min

STORAGE YOU'LL NEED

8 large containers

8 small containers

TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, Wooden Spoon, Strainer, 2 Sheet Pans, 1 Medium Pot, 1 Large Nonstick Pan

Main Cooking Ingredients

For All Recipes

4 Tilapia Fillets

1 ¼ lbs Golden or Red Potatoes

1 Red Onion

2 Poblano Peppers

2 cloves Garlic

2 Tbsps Butter

1 Tbsp Weeknight Hero Spice Blend**

1 ⅛ lbs Tail-On Shrimp*

½ lb Snow Peas

5 oz Baby Spinach

½ lb Orzo Pasta

1 oz Sliced Roasted Red Peppers

⅓ cup Guajillo Chile Pepper Sauce

Sauce Ingredients

Italian-Style Shrimp & Orzo with Spicy Mascarpone

2 Tbsps Mascarpone Cheese

1 ½ tsps Calabrian Chile Paste

Shrimp & Roasted Vegetables with Spanish-Spiced Mayo

2 Tbsps Mayonnaise

1 Tbsp Sherry Vinegar

1 Tbsp Spanish Spice Blend***

Tilapia & Creamy Salsa Verde with Orzo, Spinach & Snow Peas

⅓ cup Salsa Verde

2 Tbsps Crème Fraîche

Guajillo-Roasted Tilapia with Vegetables & Cilantro Sour Cream

¼ cup Sour Cream

¼ cup Cilantro Sauce

Cilantro is blended with onions, garlic, jalapeño, and lime juice to make this flavorful sauce.

Finishing Touches

Italian-Style Shrimp & Orzo with Spicy Mascarpone

¼ cup Grated Parmesan Cheese

Shrimp & Roasted Vegetables with Spanish-Spiced Mayo

2 Tbsps Pickled Peruvian Peppers

1 bunch Parsley

Tilapia & Creamy Salsa Verde with Orzo, Spinach & Snow Peas

⅓ cup Crispy Onions

Guajillo-Roasted Tilapia with Vegetables & Cilantro Sour Cream

3 Tbsps Roasted Peanuts

*peeled & deveined
**Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
***Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

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STEP 2

Cook Everything

1 — 2 — 3 — 4 — 5

60 min

MAIN COOKING INGREDIENTS

Tilapia Fillets, Shrimp, Weeknight Hero Spice Blend, Guajillo Chile Pepper Sauce, Garlic, Butter, Golden or Red Potatoes, Red Onion, Snow Peas, Roasted Red Peppers, Poblano Peppers, Orzo Pasta, Baby Spinach

Roast the tilapia:

- Preheat the oven to 450°F. Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Line 2 sheet pans with foil.
- Pat the **tilapia** dry with paper towels. Place on one of the sheet pans. Drizzle with **olive oil** and season with salt and pepper; turn to coat. Evenly coat **2 seasoned fillets** with enough of the **weeknight hero spice blend** to coat (you may have extra). Evenly coat the **remaining fillets** with the **guajillo-chile sauce**.
- Roast 7 to 9 minutes, or until lightly browned and cooked through.* Leaving the oven on, remove from the oven.

Cook the shrimp:

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Pat the **shrimp** dry with paper towels; season with salt and pepper (remove the tails, if desired).
- In a large pan (nonstick, if you have one), heat **1 tablespoon olive oil** on medium-high until hot.
- Add the **seasoned shrimp** and **chopped garlic**. Cook, stirring occasionally, 4 to 5 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat and stir in the **butter** until melted and combined.

*An instant-read thermometer should register 145°F.

Cook Everything

continued

Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Halve the **potatoes** lengthwise, then cut crosswise into ¼-inch pieces.
- Halve, peel, and thinly slice the **onion**.
- Halve the **snow peas** crosswise.
- Roughly chop the **roasted peppers**.
- Cut off and discard the stem of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.

Roast the vegetables:

- Transfer the **potato pieces**, **sliced onion**, and **sliced poblano peppers** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

Make the vegetable orzo:

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, uncovered, 6 minutes.
- Add the **halved peas**. Continue to cook, stirring occasionally, 1 to 2 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **spinach**, **chopped roasted peppers**, and a drizzle of **olive oil**; stir until combined and the spinach is wilted. Taste, then season with salt and pepper if desired.

STEP 3

Make the Sauces

1 — 2 — **3** — 4 — 5

10 min

INGREDIENTS FOR SAUCES

Mascarpone Cheese, Calabrian Chile Paste, Mayonnaise, Sherry Vinegar, Spanish Spice Blend, Salsa Verde, Crème Fraîche, Cilantro Sauce, Sour Cream

Spicy Mascarpone

- Combine the **mascarpone**, **2 teaspoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

Spanish-Spiced Mayo

- Combine the **mayonnaise**, **vinegar**, and **half the Spanish spice blend** (you will have extra). Taste, then season with salt and pepper if desired.

Creamy Salsa Verde

- Combine the **salsa verde** and **crème fraîche**. Taste, then season with salt and pepper if desired.

Cilantro Sour Cream

- Combine the **cilantro sauce**, **sour cream**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

STEP 4

Assemble + Store

1 — 2 — 3 — **4** — 5

10 min

STORAGE YOU'LL NEED

8 large containers, 8 small containers

Italian-Style Shrimp & Orzo

with Spicy Mascarpone

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **vegetable orzo**
- ¼ **cooked shrimp**

Transfer the **spicy mascarpone** to 2 small containers.

Shrimp & Roasted Vegetables

with Spanish-Spiced Mayo

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **roasted vegetables**
- ¼ **cooked shrimp**

Transfer the **Spanish-spiced mayo** to 2 small containers.

Tilapia & Creamy Salsa Verde

with Orzo, Spinach & Snow Peas

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **vegetable orzo**
- 1 **spiced tilapia fillet**

Transfer the **creamy salsa verde** to 2 small containers.

Guajillo-Roasted Tilapia

with Vegetables & Cilantro Sour Cream

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **roasted vegetables**
- 1 **guajillo tilapia fillet**

Transfer the **cilantro sour cream** to 2 small containers.

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STEP 5

Finish + Serve

1 — 2 — 3 — 4 — **5**

5 min

FINISHING INGREDIENTS

Grated Parmesan Cheese, Parsley, Pickled Peruvian Peppers, Crispy Onions, Roasted Peanuts

Italian-Style Shrimp & Orzo

with Spicy Mascarpone

Makes 2 servings:

- Heat the **finished shrimp and orzo** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy mascarpone** and **parmesan**.

Shrimp & Roasted Vegetables

with Spanish-Spiced Mayo

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Heat the **finished shrimp and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **Spanish-spiced mayo**, **pickled peppers**, and **chopped parsley**.

Tilapia & Creamy Salsa Verde

with Orzo, Spinach & Snow Peas

Makes 2 servings:

- Heat the **finished tilapia and orzo** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy salsa verde** and **crispy onions**.

Guajillo-Roasted Tilapia

with Vegetables & Cilantro Sour Cream

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished tilapia and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **cilantro sour cream** and **chopped peanuts**.

Safe Handling

This product is intended to be cooked within 7 days from receipt of box delivery in accordance with our Freshness Guarantee. Store raw meats, poultry, fish and seafood separately from other foods in the fridge until you're ready to cook. Wash hands and surfaces often. Cool uncovered then refrigerate prepared foods in airtight containers within 2 hours after cooking. For best quality, reheat prepared food to 165° F within 4 days after cooking. Do not reheat more than once. Use microwave-safe containers, cover food, and stir or rotate for even reheating.

PESCATARIAN MEAL PREP

Nutrition Information

Italian-Style Shrimp & Orzo

with Spicy Mascarpone

Nutrition Facts

2 servings per container

Serving size **1/2 meal kit prepared (327 g unprepared)**

	As Packaged		As Prepared	
Calories	**510**		**550**	
		% Daily Value*		% Daily Value*
Total Fat	19g	**24%**	23g	**29%**
Saturated Fat	10g	**50%**	11g	**55%**
Trans Fat	0.5g		0.5g	
Cholesterol	250mg	**83%**	250mg	**83%**
Sodium	890mg	**39%**	1400mg	**61%**
Total Carbohydrate	52g	**19%**	51g	**19%**
Dietary Fiber	5g	**18%**	5g	**18%**
Total Sugars	6g		6g	
Includes Added Sugars	0g	**0%**	0g	**0%**
Protein	34g		34g	
Vitamin D	0mcg	**0%**	0mcg	**0%**
Calcium	260mg	**20%**	250mg	**20%**
Iron	4.2mg	**25%**	4.2mg	**25%**
Potassium	650mg	**15%**	640mg	**15%**
Vitamin A	350mg	**40%**	350mg	**40%**
Vitamin C	49mg	**50%**	24mg	**25%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Shrimp (Shrimp, Salt), Enriched Orzo Pasta (Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamin, Riboflavin, Folic Acid), Snow Peas, Spinach, Mascarpone Cheese (Pasteurized Cultured Cream, Skim Milk, Glucono Delta Lactone), Grated Parmesan Cheese (Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [as preservative]), Butter (Pasteurized Cream, Salt), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Sea Salt, Red Wine Vinegar, Sugar), Chile Pepper Paste (Chile Peppers, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Antioxidants [Ascorbic Acid, Citric Acid]), Garlic.

Net. Wt. 22 oz (1.4 lbs) 654 g

Shrimp & Roasted Vegetables

with Spanish-Spiced Mayo

Nutrition Facts

2 servings per container

Serving size **1/2 meal kit prepared (418 g unprepared)**

	As Packaged		As Prepared	
Calories	**410**		**440**	
		% Daily Value*		% Daily Value*
Total Fat	19g	**24%**	23g	**29%**
Saturated Fat	5g	**25%**	5g	**25%**
Trans Fat	0g		0g	
Cholesterol	225mg	**75%**	225mg	**75%**
Sodium	780mg	**34%**	1070mg	**47%**
Total Carbohydrate	38g	**14%**	35g	**13%**
Dietary Fiber	7g	**25%**	6g	**21%**
Total Sugars	8g		7g	
Includes Added Sugars	3g	**6%**	3g	**6%**
Protein	26g		26g	
Vitamin D	0.1mcg	**0%**	0.1mcg	**0%**
Calcium	200mg	**15%**	180mg	**15%**
Iron	5.8mg	**30%**	5.1mg	**30%**
Potassium	1100mg	**25%**	1020mg	**20%**
Vitamin A	150mg	**15%**	110mg	**10%**
Vitamin C	108mg	**120%**	47mg	**50%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Potatoes, Shrimp (Shrimp, Salt), Poblano Pepper, Red Onion, Mayonnaise (Canola Oil, Egg Yolk, Water, Honey, Distilled Vinegar, Egg, 2% or less of Salt, Spice, Lemon Juice Concentrate), Pickled Peppers (Peppers, Water, Sugar, Cane Sugar Vinegar, Salt, Ascorbic Acid, Calcium Chloride), Sherry Vinegar (Sherry Vinegar 7% Acidity, Sulfites, Caramel Color), Butter (Pasteurized Cream, Salt), Spanish Spice Blend (Smoked Paprika, Cumin, Coriander, Red Pepper, Cinnamon, Oregano), Garlic, Parsley.

Net. Wt. 28 oz (1.8 lbs) 836 g

PESCATARIAN MEAL PREP

Nutrition Information

Tilapia & Creamy Salsa Verde

with Orzo, Spinach & Snow Peas

Nutrition Facts

2 servings per container

Serving size **1/2 meal kit prepared (377 g unprepared)**

	As Packaged		As Prepared	
Calories	700		720	
		% Daily Value*		% Daily Value*
Total Fat	34g	**44%**	36g	**46%**
Saturated Fat	11g	**55%**	12g	**60%**
Trans Fat	0g		0g	
Cholesterol	95mg	**32%**	95mg	**32%**
Sodium	510mg	**22%**	1040mg	**45%**
Total Carbohydrate	61g	**22%**	61g	**22%**
Dietary Fiber	6g	**21%**	6g	**21%**
Total Sugars	7g		7g	
Includes Added Sugars	0g	**0%**	0g	**0%**
Protein	38g		38g	
Vitamin D	0.7mcg	**4%**	0.7mcg	**4%**
Calcium	110mg	**8%**	120mg	**10%**
Iron	8mg	**45%**	8.1mg	**45%**
Potassium	620mg	**15%**	630mg	**15%**
Vitamin A	280mg	**30%**	280mg	**30%**
Vitamin C	65mg	**70%**	32mg	**35%**

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INGREDIENTS

Tilapia Fillet, Enriched Orzo Pasta (Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamin, Riboflavin, Folic Acid), Snow Peas, Italian-Style Salsa Verde (Refined Olive Pomace Oil, Parsley, Basil, Capers [Capers, Vinegar, Salt, Water], Garlic, Shallots, Red Wine Vinegar, Lemon Juice Concentrate, Salt, Cornstarch), Spinach, Creme Fraiche (Pasteurized Cultured Cream), Fried Onions (Onions, Palm Oil, Wheat Flour, Salt, Dextrose), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Sea Salt, Red Wine Vinegar, Sugar), Weeknight Hero Spice Blend (Onion Powder, Garlic Powder, Smoked Paprika, Parsley).

Net. Wt. 25 oz (1.6 lbs) 754 g

Guajillo-Roasted Tilapia

with Vegetables & Cilantro Sour Cream

Nutrition Facts

2 servings per container

Serving size **1/2 meal kit prepared (489 g unprepared)**

	As Packaged		As Prepared	
Calories	510		530	
		% Daily Value*		% Daily Value*
Total Fat	24g	**31%**	26g	**33%**
Saturated Fat	6g	**30%**	7g	**35%**
Trans Fat	0g		0g	
Cholesterol	90mg	**30%**	90mg	**30%**
Sodium	360mg	**16%**	680mg	**30%**
Total Carbohydrate	40g	**15%**	39g	**14%**
Dietary Fiber	7g	**25%**	7g	**25%**
Total Sugars	7g		6g	
Includes Added Sugars	0g	**0%**	0g	**0%**
Protein	36g		36g	
Vitamin D	0mcg	**0%**	0mcg	**0%**
Calcium	90mg	**6%**	90mg	**6%**
Iron	5.6mg	**30%**	5.6mg	**30%**
Potassium	1070mg	**25%**	1050mg	**20%**
Vitamin A	90mg	**10%**	90mg	**10%**
Vitamin C	82mg	**90%**	35mg	**40%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Tilapia Fillet, Potatoes, Poblano Pepper, Guajillo Chile Pepper Sauce (Water, Tomato Paste, Chile Pepper, Refined Olive Pomace Oil, Guajillo Chile Powder, Salt, Cornstarch, Sugar, Spice, Onion Powder, Onion Juice Concentrate, Garlic Powder, Guar Gum), Red Onion, Sour Cream (Cultured Pasteurized Skim Milk and Cream, Pectin), Cilantro Sauce (Cilantro, Canola Oil, Onions, Garlic, Water, Lime Juice, Jalapeno Peppers, Salt, Gum Acacia, Xanthan Gum, Cilantro Oleoresin), Roasted Peanuts.

Net. Wt. 33 oz (2.1 lbs) 978 g

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PAPER CARD

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

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