



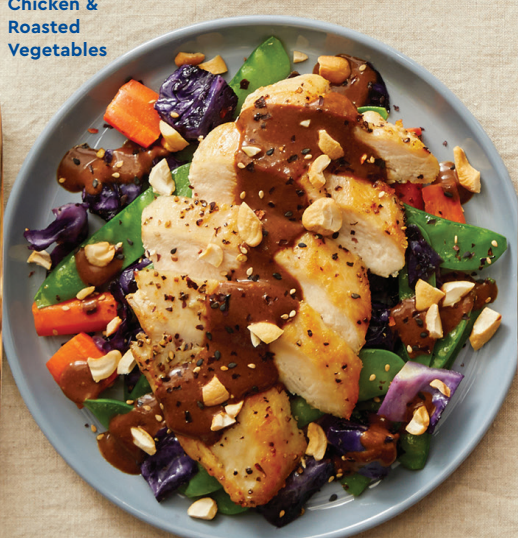
Seared
Chicken &
Lemon
Mayo



Salmon &
Sautéed
Vegetables



Chicken &
Roasted
Vegetables



Roasted
Salmon &
Curry
Ranch



Carb Conscious MEAL PREP

ON THE MENU

2 servings of each:

Seared Chicken & Lemon Mayo

with Kale & Sweet Peppers

Chicken & Roasted Vegetables

with Creamy Black Bean Sauce

Salmon & Sautéed Vegetables

with Tomatillo Sour Cream

Roasted Salmon & Curry Ranch

with Cabbage, Carrots & Snow Peas

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

1

2

3

4

5

⌚ 15 min

STORAGE YOU'LL NEED

8 large
containers8 small
containers

TOOLS YOU'LL NEED

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

Main Cooking Ingredients

For All Recipes

4
Skin-On Salmon
Fillets6 oz
Carrots1/2 lb
Sweet Peppers1 bunch
Kale2 cloves
Garlic1 Tbsp
Weeknight Hero
Spice Blend*4
Boneless, Skinless
Chicken Breasts1 lb
Red Cabbage1
Yellow Onion1/2 lb
Snow Peas1 Tbsp
Rice Vinegar1/4 tsp
Crushed Red
Pepper Flakes

Sauce Ingredients

Seared Chicken & Lemon Mayo with Kale & Sweet Peppers

2 Tbsps
Mayonnaise1 tsp
Preserved
Lemon Purée1/4 cup
Grated Parmesan
Cheese

Chicken & Roasted Vegetables with Creamy Black Bean Sauce

3 Tbsps
Savory Black
Bean-Chile Sauce2 Tbsps
Crème Fraîche

Salmon & Sautéed Vegetables with Tomatillo Sour Cream

1/3 cup
Tomatillo-
Poblano Sauce1/4 cup
Sour Cream

Roasted Salmon & Curry Ranch with Cabbage, Carrots & Snow Peas

3 Tbsps
Ranch Dressing1 Tbsp
Yellow Curry
Paste

This beloved Thai
staple is made
from hot chiles,
lemongrass, turmeric,
and more.

Finishing Touches

Seared Chicken & Lemon Mayo with Kale & Sweet Peppers

1 oz
Sweet Piquante
Peppers2 Tbsps
Sliced Roasted
Almonds

Chicken & Roasted Vegetables with Creamy Black Bean Sauce

3 Tbsps
Roasted
Cashews1 tsp
Furikake

Salmon & Sautéed Vegetables with Tomatillo Sour Cream

1 tsp
Black & White
Sesame Seeds

Roasted Salmon & Curry Ranch with Cabbage, Carrots & Snow Peas

3 Tbsps
Roasted Peanuts1/3 cup
Crispy Onions



MAIN COOKING INGREDIENTS

Salmon Fillets, Chicken Breasts, Weeknight Hero Spice Blend, Carrots, Red Cabbage, Sweet Peppers, Yellow Onion, Kale, Garlic, Rice Vinegar, Snow Peas, Crushed Red Pepper Flakes



Roast the fish:

- Preheat the oven to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Line 2 sheet pans with foil.
- Pat the **fish** dry with paper towels; transfer to one of the sheet pans. Drizzle with **olive oil** and season with salt and pepper; turn to coat. Arrange skin side down.
- Roast 15 to 17 minutes, or until cooked through.* Leaving the oven on, remove from the oven.



Cook & slice the chicken:

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Season **2 pieces of chicken** with enough of the **spice blend** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **prepared chicken**. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. When cool enough to handle, slice crosswise.

*An instant-read thermometer should register 145°F for salmon and 165°F for chicken.

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Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into ½-inch pieces.
- Cut out and discard the core of the **cabbage**; large dice the leaves.
- Cut off and discard the stems of the **sweet peppers**; remove the cores, then quarter lengthwise.
- Halve, peel, and thinly slice the **onion**.
- Separate the **kale** leaves from the stems. Discard the stems, then roughly chop the leaves.
- Peel and roughly chop **2 cloves of garlic**.



Roast the carrots & cabbage:

- Transfer the **carrot pieces** and **diced cabbage** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 10 to 12 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **vinegar**; carefully stir to combine.



Blanch the snow peas & finish the roasted vegetables:

- Meanwhile, fill a medium bowl with ice water; add a **pinch of salt**. Set aside.
- Add the **snow peas** to the pot of boiling water. Cook 1 to 2 minutes, or until bright green and slightly tender.
- Drain and immediately transfer to the bowl of ice water. Let stand until cool.
- Reserving the bowl, drain thoroughly and pat dry with paper towels.
- Transfer back to the bowl. Add the **roasted vegetables**; stir to combine.



Cook the peppers & kale:

- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot. Add the **quartered peppers** and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped kale**, **chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale is slightly wilted.
- Add **⅓ cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the kale is wilted and the water has cooked off. Turn off the heat.

Make the Sauces



Lemon Mayo



Creamy Black Bean Sauce



Tomatillo Sour Cream



Curry Ranch



INGREDIENTS FOR SAUCES

Mayonnaise, Preserved Lemon Purée, Grated Parmesan Cheese, Black Bean-Chile Sauce, Crème Fraîche, Tomatillo-Poblano Sauce, Sour Cream, Ranch Dressing, Yellow Curry Paste

Lemon Mayo

- Combine the **mayonnaise**, **lemon purée**, **parmesan**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

Creamy Black Bean Sauce

- Combine the **black bean sauce**, **crème fraîche**, and **2 teaspoons of water**.

Tomatillo Sour Cream

- Combine the **tomatillo-poblano sauce** and **sour cream**. Taste, then season with salt and pepper if desired.

Curry Ranch

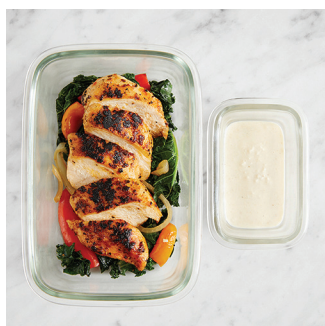
- Combine the **ranch dressing**, **curry paste**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers



Seared Chicken & Lemon Mayo

with Kale & Sweet Peppers

Makes 2 servings:

For each serving, in a large container combine:

- **¼ cooked peppers and kale**
- **1 sliced spiced chicken breast**

Transfer the **lemon mayo** to 2 small containers.



Chicken & Roasted Vegetables

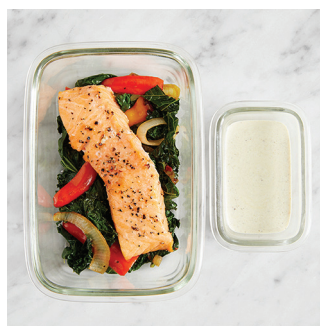
with Creamy Black Bean Sauce

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished roasted vegetables**
- **1 sliced chicken breast**

Transfer the **creamy black bean sauce** to 2 small containers.



Salmon & Sautéed Vegetables

with Tomatillo Sour Cream

Makes 2 servings:

For each serving, in a large container combine:

- **¼ cooked peppers and kale**
- **1 roasted fish fillet**

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



Roasted Salmon & Curry Ranch

with Cabbage, Carrots & Snow Peas

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished roasted vegetables**
- **1 roasted fish fillet**

Transfer the **curry ranch** to 2 small containers.

Seared Chicken & Lemon Mayo



Chicken & Roasted Vegetables



Salmon & Sautéed Vegetables



Roasted Salmon & Curry Ranch



1

2

3

4

5

⌚ 5 min



FINISHING INGREDIENTS

Sweet Piquante Peppers, Sliced Roasted Almonds, Roasted Cashews, Furikake, Black & White Sesame Seeds, Roasted Peanuts, Crispy Onions

Seared Chicken & Lemon Mayo

with Kale & Sweet Peppers

Makes 2 servings:

- Roughly chop the **piquante peppers** and **almonds**.
- Heat the **finished chicken, peppers, and kale** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **lemon mayo** and **chopped peppers and almonds**.

Chicken & Roasted Vegetables

with Creamy Black Bean Sauce

Makes 2 servings:

- Roughly chop the **cashews**.
- Top the **finished chicken and roasted vegetables** with the **creamy black bean sauce**. Heat in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **chopped cashews and furikake**.

Salmon & Sautéed Vegetables

with Tomatillo Sour Cream

Makes 2 servings:

- Heat the **finished fish, peppers, and kale** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **tomatillo sour cream** and **sesame seeds**.

Roasted Salmon & Curry Ranch

with Cabbage, Carrots & Snow Peas

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished fish and roasted vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **curry ranch, chopped peanuts, and crispy onions**.

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.



Seared Chicken & Lemon Mayo

with Kale & Sweet Peppers

Nutrition Facts

2 servings per container

Serving size 1/2 meal kit prepared (401 g unprepared)

	As Packaged		As Prepared	
Calories	490		520	
	% Daily Value*		% Daily Value*	
Total Fat	22g	28%	28g	36%
Saturated Fat	4g	20%	5g	25%
Trans Fat	0g		0g	
Cholesterol	145mg	48%	145mg	48%
Sodium	450mg	20%	870mg	38%
Total Carbohydrate	25g	9%	22g	8%
Dietary Fiber	7g	25%	6g	21%
Total Sugars	9g		8g	
Includes Added Sugars	3g	6%	3g	6%
Protein	49g		47g	
Vitamin D	0.1mcg	0%	0.1mcg	0%
Calcium	290mg	20%	250mg	20%
Iron	3mg	15%	2.6mg	15%
Potassium	1320mg	30%	1170mg	25%
Vitamin A	570mg	60%	440mg	50%
Vitamin C	185mg	210%	65mg	70%

*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

Chicken Breast, Kale, Sweet Peppers, Onion, Mayonnaise (Canola Oil, Egg Yolk, Water, Honey, Distilled Vinegar, Egg, 2% or less of Salt, Spice, Lemon Juice Concentrate), Pickled Sweet Piquante Peppers (Piquante Peppers, Water, Sugar, Vinegar, Salt, Citric Acid, Ascorbic Acid, Calcium Chloride), Grated Parmesan Cheese (Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [as preservative]), Almonds, Weeknight Hero Spice Blend (Onion Powder, Garlic Powder, Smoked Paprika, Parsley), Garlic, Preserved Lemon Paste (Lemons, Lemon Juice, Sea Salt), Crushed Red Pepper Flakes.

Net. Wt. 27 oz (1.7 lbs) 802 g

Chicken & Roasted Vegetables

with Creamy Black Bean Sauce

Nutrition Facts

2 servings per container

Serving size 1/2 meal kit prepared (447 g unprepared)

	As Packaged		As Prepared	
Calories	470		490	
	% Daily Value*		% Daily Value*	
Total Fat	18g	23%	22g	28%
Saturated Fat	7g	35%	7g	35%
Trans Fat	0g		0g	
Cholesterol	145mg	48%	145mg	48%
Sodium	610mg	27%	1330mg	58%
Total Carbohydrate	32g	12%	30g	11%
Dietary Fiber	6g	21%	5g	18%
Total Sugars	18g		17g	
Includes Added Sugars	8g	16%	8g	16%
Protein	45g		45g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	130mg	10%	120mg	10%
Iron	3.6mg	20%	3.5mg	20%
Potassium	1180mg	25%	1120mg	25%
Vitamin A	470mg	50%	410mg	45%
Vitamin C	102mg	110%	42mg	45%

*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

Chicken Breast, Cabbage, Snow Peas, Carrot, Black Bean-Chile Sauce (Water, Sugar, Soy Sauce [Water, Soybeans, Wheat, Salt, Cornstarch], Rice Vinegar, Salted Sake [Sake (Water, Rice, Koji [Aspergillus Oryzae]), Salt], Dehydrated Chile Peppers, Fermented Soybean Paste [Water, Soybeans, Rice, Sea Salt, Alcohol], Dehydrated Garlic, Pineapple Juice Concentrate, less than 2% of Modified Cornstarch, Salted Black Beans [Black Beans, Salt], Salt, Sesame Oil, Onion Powder, Yeast Extract, Spice, Soybean Oil, Xanthan Gum), Creme Fraiche (Pasteurized Cultured Cream), Roasted Cashews (Cashews, Cottonseed and/or Canola Oil), Rice Vinegar (diluted to 4.2% acidity with Water), Furikake Seaweed Blend (Black Sesame Seeds, White Sesame Seeds, Seaweed, Chile Flakes).

Net. Wt. 30 oz (1.9 lbs) 895 g



Salmon & Sautéed Vegetables

with Tomatillo Sour Cream

Nutrition Facts

2 servings per container

Serving size 1/2 meal kit prepared (391 g unprepared)

	As Packaged		As Prepared	
Calories	450		480	
	% Daily Value*		% Daily Value*	
Total Fat	27g	35%	31g	40%
Saturated Fat	8g	40%	8g	40%
Trans Fat	0g		0g	
Cholesterol	95mg	32%	95mg	32%
Sodium	360mg	16%	740mg	32%
Total Carbohydrate	20g	7%	17g	6%
Dietary Fiber	6g	21%	5g	18%
Total Sugars	8g		7g	
Includes Added Sugars	0g	0%	0g	0%
Protein	35g		34g	
Vitamin D	15.6mcg	80%	15.6mcg	80%
Calcium	200mg	15%	170mg	15%
Iron	2.7mg	15%	2.3mg	15%
Potassium	1250mg	25%	1110mg	25%
Vitamin A	600mg	70%	470mg	50%
Vitamin C	200mg	220%	71mg	80%

*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

Atlantic Salmon, Kale, Sweet Peppers, Tomatillo-Poblano Sauce (Crushed Tomatillos, Roasted Green Poblano Peppers, Lime Juice, Onions, Jalapeno Pepper Puree, Garlic, Canola Oil, Salt, Cilantro, Sugar, Spice Extractive, Xanthan Gum), Onion, Sour Cream (Cultured Pasteurized Skim Milk and Cream, Pectin), Garlic, Black and White Sesame Seeds, Crushed Red Pepper Flakes.

Net. Wt. 27 oz (1.7 lbs) 782 g

Roasted Salmon & Curry Ranch

with Cabbage, Carrots & Snow Peas

Nutrition Facts

2 servings per container

Serving size 1/2 meal kit prepared (414 g unprepared)

	As Packaged		As Prepared	
Calories	690		710	
	% Daily Value*		% Daily Value*	
Total Fat	48g	62%	51g	65%
Saturated Fat	10g	50%	10g	50%
Trans Fat	0g		0g	
Cholesterol	85mg	28%	85mg	28%
Sodium	810mg	35%	1480mg	64%
Total Carbohydrate	28g	10%	26g	9%
Dietary Fiber	7g	25%	7g	25%
Total Sugars	9g		8g	
Includes Added Sugars	0g	0%	0g	0%
Protein	37g		37g	
Vitamin D	16.3mcg	80%	16.3mcg	80%
Calcium	120mg	10%	110mg	8%
Iron	3.2mg	20%	3.1mg	15%
Potassium	1130mg	25%	1060mg	25%
Vitamin A	530mg	60%	480mg	50%
Vitamin C	108mg	120%	44mg	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

Atlantic Salmon, Cabbage, Snow Peas, Carrot, Ranch Dressing (Sunflower Oil, Water, Lemon Juice, Mustard [Vinegar, Water, Mustard Seeds, Salt, Spices], Salted Egg Yolks [Egg Yolk, Salt], Distilled Vinegar, Sea Salt, Black Pepper, Onion Powder, Spices, Garlic Powder, Egg), Roasted Peanuts, Fried Onions (Onions, Palm Oil, Wheat Flour, Salt, Dextrose), Yellow Curry Paste (Garlic, Lemongrass, Salt, Shallot, Galangal, Dried Red Chile, Coriander Seed, Kaffir Lime Peel, Curry Powder [Spices], Cumin, Cinnamon, Turmeric, Cardamom, Nutmeg), Rice Vinegar (diluted to 4.2% acidity with Water).

Net. Wt. 28 oz (1.8 lbs) 829 g



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



blueapron.com