

# Zucchini & Ricotta Sandwiches

VEGETARIAN

with Butter Lettuce & Cucumber Salad

🕒 30-40 MINS | 2 SERVINGS

These satisfying vegetarian sandwiches highlight layers of creamy ricotta (which gets thrilling heat from a hint of specialty Calabrian chile paste), briny olives, sautéed zucchini, and sweet roasted red peppers. For a refreshing accompaniment, we're serving it with a simple side salad of crisp butter lettuce and crunchy cucumbers tossed with a simple Italian-seasoned dressing.



## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
SMALL  
BAGUETTES



1 head  
BUTTER  
LETTUCE



1 clove  
GARLIC



1 1/2 tps  
CALABRIAN  
CHILE PASTE



1/2 cup  
PART-SKIM  
RICOTTA CHEESE



1/4 cup  
GRATED  
PARMESAN  
CHEESE



1  
ZUCCHINI



1  
PERSIAN  
CUCUMBER



1 oz  
SLICED ROASTED  
RED PEPPERS



1 oz  
PITTED NIÇOISE  
OLIVES



1 Tbsp  
RICE VINEGAR



1 Tbsp  
ITALIAN  
SEASONING\*

\*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.





## 1 Prepare the ingredients & make the Italian dressing:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- ☐ Halve the **cucumber** lengthwise, then thinly slice crosswise.
- ☐ In a large bowl, combine the **chopped lettuce** and **sliced cucumber**.
- ☐ Cut the **zucchini** into 1/2-inch-thick rounds.
- ☐ Halve the **baguettes**.
- ☐ Peel **1 clove of garlic**.
- ☐ Roughly chop the **peppers**.
- ☐ Roughly chop the **olives**.
- ☐ In a bowl, combine the **ricotta**, a drizzle of **olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.
- ☐ In a separate bowl, whisk together the **vinegar**, **half the Italian seasoning** (you will have extra), **half the parmesan**, and **1 tablespoon of olive oil**.

## 2 Brown the zucchini:

- ☐ In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- ☐ Add the **zucchini rounds** in an even layer; season with salt and pepper. Cook 2 to 3 minutes per side, or until browned.
- ☐ Transfer to a plate. Wipe out the pan.

## 3 Toast the baguettes:

- ☐ In the same pan, heat **1 tablespoon of olive oil** on medium until hot.
- ☐ Add the **halved baguettes**, cut side down. Cook 4 to 6 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned (if the pan seems dry, add a drizzle of olive oil before flipping).
- ☐ Transfer to a work surface. Carefully rub the cut sides with the **peeled garlic clove**, then discard the clove. Season with salt and pepper.

## 4 Assemble the sandwiches:

- ☐ Assemble the sandwiches using the **toasted baguettes**, **spicy ricotta**, **browned zucchini**, **chopped peppers**, and **chopped olives**.
- ☐ Carefully halve the sandwiches on an angle.

## 5 Make the salad & serve your dish:

- ☐ To the bowl of **prepared lettuce and cucumber**, add enough of the **Italian dressing** to coat (you may have extra); season with salt and pepper. Toss to coat.
- ☐ Serve the **sandwiches** with the **salad** on the side. Garnish the salad with the **remaining parmesan**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 610, Total Carbohydrates: 56g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 36g, Saturated Fat: 8g, Protein: 18g, Sodium: 1300mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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