



Shredded
BBQ
Chicken

Sweet &
Spicy
Meatballs



Multi-Cooker MEAL PREP

ON THE MENU

4 servings of each:

Shredded BBQ Chicken

with Creamy Potato &
Brussels Sprout Salad

🕒 55-65 min

Sweet & Spicy Meatballs

with Vegetable Ramen & Peanuts

🕒 45-55 min

Let's get cooking

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



2

COOK
EVERYTHING



3

ASSEMBLE +
STORE



4

FINISH +
SERVE

1

2

3

4

⌚ 15 min

STORAGE YOU'LL NEED

8 large
containers

TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls,
Wooden Spoon, Strainer

COOKWARE NEEDED

Multi-cooker, 1 Large Nonstick Pan, 1 Large Pot,
2 Sheet PansShredded BBQ Chicken
Ingredients

Main Cooking Ingredients

1 1/2 lbs
Boneless, Skinless
Chicken Thighs1
Sweet Onion1 lb
Brussels Sprouts4 oz
Sweet Peppers1 1/4 lbs
Golden or Red
Potatoes1/2 cup
Sour Cream2 Tbsps
Sweet Pickle
Relish1/4 cup
Barbecue Sauce1 1/2 tps
Calabrian Chile
Paste

Finishing Touches

1/3 cup
Crispy OnionsSweet & Spicy Meatballs
Ingredients

Main Cooking Ingredients

1 1/8 lbs
Ground Beef15 oz
Baby Bok Choy6 oz
Carrots1
Pasture-Raised
Egg1 lb
Fresh Ramen
Noodles*1/4 cup
Panko
Breadcrumbs2 cloves
Garlic2 Tbsps
Hoisin Sauce3 Tbsps
Soy Glaze1/3 cup
Asian-Style
Sautéed Aromatics1 Tbsp
Sambal Oelek

Finishing Touches

3 Tbsps
Roasted Peanuts1 tsp
Black & White
Sesame Seeds

Multi-cooker 101

SIZE: We use a 6-quart multi-cooker in our Test Kitchen.**COOK TIME:** Timers on the multi-cooker won't begin to count down until the device has reached full pressure.**STEAM VALVE:** To achieve pressure, the valve needs to be fully sealed.**NATURAL RELEASE:** Once the food is cooked through, your multi-cooker will start naturally releasing the pressure and steam will come out of the valve. Let this happen for the instructed time and be aware that only when steam is no longer escaping from the valve has the pressure been fully released.**MANUAL RELEASE:** You can also manually turn the valve to release the steam rather than waiting for the multi-cooker to lose pressure on its own. Be sure to turn the valve carefully without putting your hands or face above it, as hot steam will come out quickly.



MAIN COOKING INGREDIENTS

Chicken Thighs, Sweet Onion, Sweet Peppers, Brussels Sprouts, Golden or Red Potatoes, Sour Cream, Sweet Pickle Relish, Barbecue Sauce, Calabrian Chile Paste

Shredded BBQ Chicken



Prepare the ingredients & make the creamy relish:

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Halve the **potatoes** lengthwise, then cut crosswise into ¼-inch pieces.
- In a large bowl, combine the **sour cream**, **pickle relish**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.



Cook & shred the chicken:

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the multi-cooker, combine the **seasoned chicken**, **sliced onion**, **quartered peppers**, **barbecue sauce**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; stir to combine. Close and seal the lid. Turn to the high pressure cook function and set to 20 minutes.
- Once the chicken is cooked through*, let the lid naturally release 5 minutes, then manually release the lid.
- Using two forks, carefully shred into bite-sized pieces.

*An instant-read thermometer should register 165°F.

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Shredded BBQ Chicken



Roast & dress the vegetables:

- Meanwhile, line two sheet pans with foil.
- Equally divide the **halved brussels sprouts** and **potato pieces** between the sheet pans. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 17 to 19 minutes, or until browned and tender when pierced with a fork.
- Carefully transfer to the bowl of **creamy relish**; toss to coat. Taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

4 large containers



Makes 4 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **shredded chicken**
- $\frac{1}{4}$ **dressed vegetables**



MAIN COOKING INGREDIENTS

Ground Beef, Garlic, Baby Bok Choy, Carrots, Pasture-Raised Egg, Panko Breadcrumbs, Hoisin Sauce, Soy Glaze, Sambal Oelek, Fresh Ramen Noodles, Asian-Style Sautéed Aromatics

Sweet & Spicy Meatballs



Prepare the ingredients:

- Fill a large pot $\frac{3}{4}$ of the way up with salted water. Cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the stem ends of the **bok choy**; roughly chop.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.



Cook the meatballs & sauce:

- In a bowl, combine the **beef**, **egg**, **breadcrumbs**, and **chopped garlic**; season with salt and pepper. Gently mix to combine. Shape the mixture into 16 tightly packed meatballs.
- In the multi-cooker, combine the **hoisin sauce**, **soy glaze**, $\frac{1}{4}$ **cup of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper and whisk to thoroughly combine.
- Add the **meatballs** and stir to coat. Close and seal the lid. Turn to the high pressure cook function and set to 10 minutes. Once the meatballs are cooked through*, let the lid naturally release 5 minutes, then manually release the lid.

*An instant-read thermometer should register 160°F.

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Sweet & Spicy Meatballs



Cook the vegetables:

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened. Turn off the heat.



Cook & finish the noodles:

- Add the **noodles** to the pot of boiling water. Cook, stirring occasionally, 2 to 3 minutes, or until tender.
- Turn off the heat. Drain thoroughly and rinse under cold water 30 seconds to 1 minute to prevent sticking. Return to the pot.
- Add the **sautéed aromatics** and **cooked vegetables**. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.

Assemble + Store

1

2

3

4

⌚ 10 min



STORAGE YOU'LL NEED

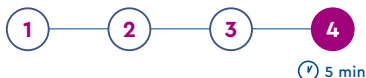
4 large containers



Makes 4 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ finished noodles
- $\frac{1}{4}$ cooked meatballs and sauce

Shredded
BBQ ChickenSweet &
Spicy Meatballs

FINISHING INGREDIENTS

Crispy Onions, Roasted Peanuts, Black & White Sesame Seeds

Shredded BBQ Chicken

Makes 4 servings:

- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **crispy onions**.

Sweet & Spicy Meatballs

Makes 4 servings:

- Roughly chop the **peanuts**.
- Heat the **finished meatballs, sauce, and noodles** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **chopped peanuts and sesame seeds**.

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.



MULTI-COOKER MEAL PREP

Nutrition Information

Shredded BBQ Chicken

with Creamy Potato & Brussels Sprout Salad

Nutrition Facts					
4 servings per container					
Serving size		1/4 meal kit prepared (555 g unprepared)			
	As Packaged		As Prepared		
Calories	540		540		
	% Daily Value*		% Daily Value*		
Total Fat	22g	28%	23g	29%	
Saturated Fat	7g	35%	8g	40%	
Trans Fat	0g		0g		
Cholesterol	155mg	52%	155mg	52%	
Sodium	460mg	20%	820mg	36%	
Total Carbohydrate	49g	18%	47g	17%	
Dietary Fiber	9g	32%	8g	29%	
Total Sugars	13g		12g		
Includes Added Sugars	4g	8%	4g	8%	
Protein	42g		42g		
Vitamin D	0.4mcg	2%	0.4mcg	2%	
Calcium	100mg	8%	90mg	6%	
Iron	4.5mg	25%	4.4mg	25%	
Potassium	1680mg	35%	1620mg	35%	
Vitamin A	160mg	20%	140mg	15%	
Vitamin C	160mg	180%	70mg	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

Chicken Thigh, Potatoes, Brussels Sprouts, Sweet Onion, Sweet Peppers, Sour Cream (Cultured Pasteurized Skim Milk and Cream, Pectin), Barbecue Sauce (Tomato Puree [Tomato Paste, Water], Vegetable Puree [Butternut Squash, Carrots, Spinach], Light Brown Sugar, Vinegar, Salt, Natural Smoke Flavor, Garlic Powder, Allspice, Onion Powder), Sweet Pickle Relish (Cucumbers, Onions, Water, Vinegar, Sugar, Rice Starch, Salt, Celery Seed, Mustard Seed, Turmeric, Red Pepper, Allspice), Fried Onions (Onions, Palm Oil, Wheat Flour, Salt, Dextrose), Chile Pepper Paste (Chile Peppers, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Antioxidants [Ascorbic Acid, Citric Acid]).

Net Wt. 4.8 lbs (2.2 kg)

Sweet & Spicy Meatballs

with Vegetable Ramen & Peanuts

Nutrition Facts					
4 servings per container					
Serving size		1/4 meal kit prepared (474 g unprepared)			
	As Packaged		As Prepared		
Calories	890		920		
	% Daily Value*		% Daily Value*		
Total Fat	40g	51%	44g	56%	
Saturated Fat	14g	70%	14g	70%	
Trans Fat	2.5g		2.5g		
Cholesterol	155mg	52%	155mg	52%	
Sodium	1320mg	57%	2030mg	88%	
Total Carbohydrate	92g	33%	91g	33%	
Dietary Fiber	6g	21%	5g	18%	
Total Sugars	14g		14g		
Includes Added Sugars	10g	20%	10g	20%	
Protein	38g		38g		
Vitamin D	0.3mcg	2%	0.3mcg	2%	
Calcium	180mg	15%	160mg	10%	
Iron	5mg	30%	4.9mg	25%	
Potassium	1110mg	25%	1060mg	25%	
Vitamin A	630mg	70%	560mg	60%	
Vitamin C	52mg	60%	22mg	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

Ground Beef, Ramen Noodles (Wheat Flour, Water, 2% or less of Wheat Gluten, Kansui [Potassium Carbonate], Salt, Riboflavin [as color], Cornstarch) [may contain Egg], Bok Choy, Carrot, Asian-Style Sauteed Aromatics (Palm Oil, Garlic, Green Onions, Ginger, Onions, Canola Oil, Salt), Egg, Soy Glaze (Sugar, Soy Sauce [Water, Soybeans, Wheat, Salt], Water, Modified Cornstarch, Salt, Molasses, Vinegar, Yeast Extract), Hoisin Sauce (Sugar, Water, Salt, Soybean Flour, Modified Cornstarch, 2% or less of Wheat Flour, Caramel Color, Sesame Oil, Acetic Acid, Spices), Roasted Peanuts, Panko Breadcrumbs (Bleached Wheat Flour, Shortening [Palm Oil], Sugar, Yeast, Salt), Sambal Oelek (Chili Peppers, Salt, Distilled Vinegar, Xanthan Gum), Garlic, Black and White Sesame Seeds.

Net Wt. 62 oz (3.9 lbs) 1.8 kg



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

