

Zucchini & Ricotta Sandwiches

with Butter Lettuce & Cucumber Salad

VEGETARIAN

500 CALORIES OR LESS

🕒 25-35 MINS | 4 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. A salad of butter lettuce tossed with crisp cucumbers and a punchy Italian dressing offers refreshing contrast.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



4
SMALL
BAGUETTES



2 heads
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



2
ZUCCHINI



2
PERSIAN
CUCUMBERS



2 oz
SLICED ROASTED
RED PEPPERS



1 oz
PITTED NIÇOISE
OLIVES



1 Tbsp
WHITE WINE
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, 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 ends of the **lettuce**; roughly chop the leaves.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- In a large bowl, combine the **chopped lettuce** and **halved cucumbers**.
- 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.
- Working in two batches, 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.
- Working in batches, 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**; 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**.

5 Make the salad & serve your dish:

- Just before serving, to the bowl of **prepared lettuce and cucumbers**, 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: 470, Total Carbohydrates: 55g, Dietary Fiber: 4g, Added Sugar: 0g, Total Fat: 21g, Saturated Fat: 5g, Protein: 17g, Sodium: 1150mg.

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.

Blue Apron, LLC New York, NY 10005

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