



Chicken & Vegetable Quinoa

Za'atar Chicken & Vegetables

Dukkah Pork Chops

Pork & Spicy Tzatziki



MEAL PREP Recipe Bundle



See last page for details

Chicken & Pork Chops

2 servings of each:

Chicken & Vegetable Quinoa
with Creamy Lemon Sauce

Za'atar Chicken & Vegetables
with Tahini-Date Sauce

Dukkah Pork Chops
with Quinoa & Red Pepper Yogurt

Pork & Spicy Tzatziki
with Snap Peas, Spinach & Feta

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 SAUCES

🕒 10 min



4

ASSEMBLE + STORE

🕒 10 min



5

FINISH + SERVE

🕒 5 min

Wine pairings available from blueapron.com/wine



Serve chicken dishes with Blue Apron wine that has this symbol based on its flavor profile.



Serve pork dishes with Blue Apron wine that has this symbol based on its flavor profile.

1

2

3

4

5

⌚ 15 min

STORAGE YOU'LL NEED

8 large
containers12 small
containers

TOOLS YOU'LL NEED

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

Main Cooking Ingredients

For All Recipes

18 oz
Chopped
Chicken Breast½ cup
Tricolor Quinoa1
Red Onion2 cloves
Garlic2
Zucchini½ lb
Sugar Snap Peas4
Scallions1 Tbsp
Weeknight Hero
Spice Blend¹1 Tbsp
Dukkah
Seasoning²4
Boneless,
Center-Cut Pork
Chops5 oz
Baby Spinach2
Red, Yellow,
or Orange Bell
Peppers3 oz
Radishes2
Persian
Cucumbers1 15.5-oz can
Chickpeas1 Tbsp
Red Wine
Vinegar1 Tbsp
Za'atar
Seasoning³

Sauce Ingredients

Chicken & Vegetable Quinoa with Creamy Lemon Sauce

1 tsp
Preserved
Lemon Purée2 Tbsps
Fromage Blanc

Za'atar Chicken & Vegetables with Tahini-Date Sauce

1
Lemon2 Tbsps
Tahini2 tsps
Date Syrup

Dukkah Pork Chops with Quinoa & Red Pepper Yogurt

1 oz
Sliced Roasted
Red Peppers½ cup
Plain Nonfat
Greek Yogurt

Pork & Spicy Tzatziki with Snap Peas, Spinach & Feta

1 Tbsp
Hot Sauce½ cup
Tzatziki⁴

Finishing Touches

Chicken & Vegetable Quinoa with Creamy Lemon Sauce

1 oz
Pickled
Goathorn
Peppers2 Tbsps
Sliced Roasted
Almonds

Za'atar Chicken & Vegetables with Tahini-Date Sauce

1 oz
Pickled
Peppadew
Peppers

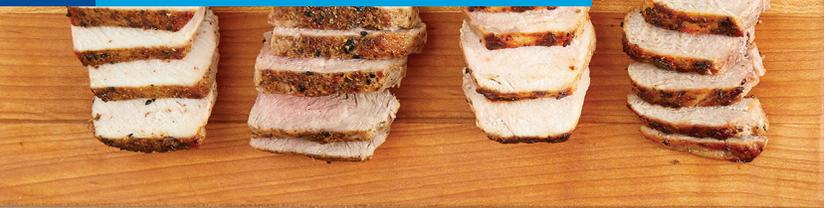
Dukkah Pork Chops with Quinoa & Red Pepper Yogurt

1 bunch
Mint

Pork & Spicy Tzatziki with Snap Peas, Spinach & Feta

1 bunch
Parsley1 ½ oz
Feta Cheese

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
 2. Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds
 3. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper
 4. Cucumber-yogurt sauce



MAIN COOKING INGREDIENTS

Chopped Chicken Breast, Pork Chops, Tricolor Quinoa, Za'atar Seasoning, Dukkah Seasoning, Weeknight Hero Spice Blend, Zucchini, Red Onion, Bell Peppers, Scallions, Garlic, Chickpeas, Sugar Snap Peas, Radishes, Persian Cucumbers, Red Wine Vinegar, Baby Spinach



Cook the quinoa

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **quinoa** and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a large bowl. Season with salt, pepper, and the **za'atar**. Toss to coat.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot. Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a plate. Rinse and wipe out the pan.



Cook & slice the pork

- Pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **dukkah** to coat. Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **weeknight hero spice blend** to coat.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot. Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes. When cool enough to handle, slice crosswise. Rinse and wipe out the pan.

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



Prepare the remaining ingredients

- Wash and dry the fresh produce for bulk cooking. Halve the **zucchini** lengthwise; cut crosswise into ½-inch pieces. Halve and peel the **onion**; cut into ½-inch-wide wedges, keeping the layers intact. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then cut into 1-inch strips. Thinly slice the **scallions**. Peel and roughly chop **2 cloves of garlic**. Drain and rinse the **chickpeas**. Pull off and discard the tough string that runs the length of each **snap pea** pod. Halve the **radishes** lengthwise; thinly slice crosswise. Halve the **cucumbers** lengthwise; thinly slice crosswise.
- In a bowl, combine the **sliced radishes, sliced cucumbers, and vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



Roast the vegetables & finish the quinoa

- Line a sheet pan with foil.
- Transfer the **zucchini pieces, onion wedges, and bell pepper strips** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 12 to 14 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.
- Transfer to the pot of **cooked quinoa**; stir to combine. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables & chickpeas

- Meanwhile, in the same pan used to cook the pork, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced scallions, chopped garlic, drained chickpeas, and prepared peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until the spinach is wilted. Turn off the heat.

Make the Sauces

Creamy Lemon
SauceTahini-Date
SauceRed Pepper
Yogurt

Spicy Tzatziki



INGREDIENTS FOR SAUCES

Preserved Lemon Purée, Fromage Blanc, Lemon, Tahini, Date Syrup, Sliced Roasted Red Peppers, Plain Nonfat Greek Yogurt, Tzatziki, Hot Sauce

Creamy Lemon Sauce

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

Tahini-Date Sauce

- Halve the **lemon** crosswise; squeeze **the juice of 1 half** into a bowl, straining out the seeds (you will have extra). Add the **tahini**, **date syrup**, and **2 teaspoons of water**. Whisk to combine. Taste, then season with salt and pepper if desired.

Red Pepper Yogurt

- Roughly chop the **roasted peppers**.
- Combine the **chopped peppers**, **yogurt**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

Spicy Tzatziki

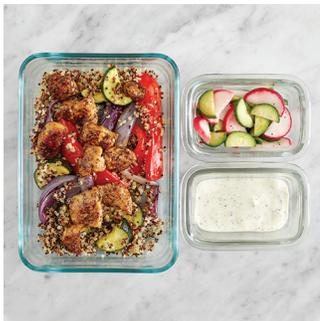
- Combine the **tzatziki**, **2 teaspoons of water**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 12 small containers



Chicken & Vegetable Quinoa

with Creamy Lemon Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished quinoa**
- $\frac{1}{4}$ **cooked chicken**

Transfer $\frac{1}{2}$ **marinated vegetables** to 2 small containers.

Transfer the **creamy lemon sauce** to 2 separate small containers.



Za'atar Chicken & Vegetables

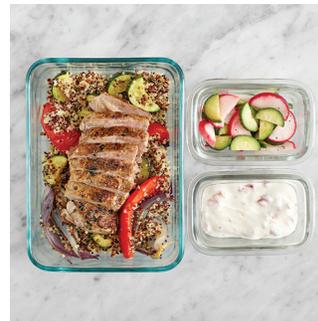
with Tahini-Date Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **cooked chickpeas and vegetables**
- $\frac{1}{4}$ **cooked chicken**

Transfer the **tahini-date sauce** to 2 small containers.



Dukkah Pork Chops

with Quinoa & Red Pepper Yogurt

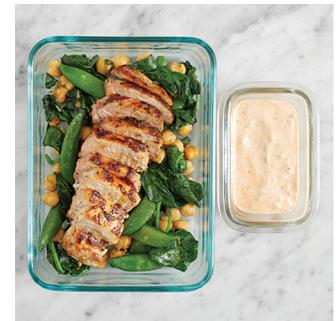
Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished quinoa**
- 1 **sliced dukkah-spiced pork chop**

Transfer the **remaining marinated vegetables** to 2 small containers.

Transfer the **red pepper yogurt** to 2 separate small containers.



Pork & Spicy Tzatziki

with Snap Peas, Spinach & Feta

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **cooked chickpeas and vegetables**
- 1 **sliced weeknight hero-spiced pork chop**

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

Chicken & Vegetable Quinoa



Za'atar Chicken & Vegetables

Dukkah Pork Chops



Pork & Spicy Tzatziki



FINISHING INGREDIENTS

Pickled Goathorn Peppers, Sliced Roasted Almonds, Pickled Peppadew Peppers, Mint, Parsley, Feta Cheese

Chicken & Vegetable Quinoa

with Creamy Lemon Sauce

Makes 2 servings:

- Roughly chop the **goathorn peppers**.
- Heat the **finished chicken and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **marinated vegetables, creamy lemon sauce, chopped goathorn peppers, and almonds**.

Za'atar Chicken & Vegetables

with Tahini-Date Sauce

Makes 2 servings:

- Roughly chop the **peppadew peppers**.
- Heat the **finished chicken, chickpeas, and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **tahini-date sauce and chopped peppadew peppers**.

Dukkah Pork Chops

with Quinoa & Red Pepper Yogurt

Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Heat the **finished pork and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **marinated vegetables, red pepper yogurt, and mint leaves** (tearing before adding).

Pork & Spicy Tzatziki

with Snap Peas, Spinach & Feta

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Heat the **finished pork, chickpeas, and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy tzatziki, chopped parsley, and cheese** (crumbling before adding).

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CHICKEN & QUINOA



SmartPoints® value per serving (as packaged)



5 44216 07875 2

MEDITERRANEAN CHICKEN & CHICKPEAS



SmartPoints® value per serving (as packaged)



6 44216 07885 1

DUKKAH PORK CHOPS & QUINOA



SmartPoints® value per serving (as packaged)



5 44216 07895 0

PORK CHOPS & CHICKPEAS



SmartPoints® value per serving (as packaged)



6 44216 07905 6

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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