

Spicy Peanut
Chicken Salad



Creamy Pesto
Chicken & Farro



Seared
Steak Salad



Oregano Steaks &
Hot Honey



MEAL PREP Recipe Bundle



See last page for details

Chicken & Steak

2 servings of each:

Spicy Peanut Chicken Salad
with Green Beans & Bell Pepper

Creamy Pesto Chicken & Farro
with Asparagus & Tomatoes

Seared Steak Salad
with Arugula & Curry Ranch

Oregano Steaks & Hot Honey
with Vegetable Farro

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 beef 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, Spatula,
Wooden Spoon, Strainer, 1 Medium Pot,
1 Large Nonstick Pan

Main Cooking Ingredients

For All Recipes

18 oz
Chopped
Chicken Breast1 cup
Semi-Pearled
Farro1 piece
Ginger2
Red, Yellow,
or Orange Bell
Peppers2
Persian
Cucumbers1
Red Onion¾ lb
Green Beans1 tsp
Whole Dried
Oregano4
Steaks½ lb
Grape Tomatoes1
Lime1 Tbsp
Red Wine
Vinegar¾ lb
Asparagus4
Scallions1 Tbsp
Weeknight Hero
Spice Blend¹

Sauce Ingredients

Spicy Peanut Chicken Salad with Green Beans & Bell Pepper

1 Tbsp
Smooth Peanut
Butter Spread1 Tbsp
Rice Vinegar1 Tbsp
Sambal Oelek

Creamy Pesto Chicken & Farro with Asparagus & Tomatoes

⅓ cup
Basil Pesto2 Tbsps
Fromage Blanc

Seared Steak Salad with Arugula & Curry Ranch

3 Tbsps
Ranch Dressing1 Tbsp
Yellow Curry
Paste

Oregano Steaks & Hot Honey with Vegetable Farro

1 Tbsp
Honey1 ½ tsps
Calabrian Chile
Paste

Finishing Touches

Spicy Peanut Chicken Salad with Green Beans & Bell Pepper

1 head
Butter Lettuce1 bunch
Mint3 Tbsps
Roasted Peanuts

Creamy Pesto Chicken & Farro with Asparagus & Tomatoes

2 Tbsps
Sliced Roasted
Almonds

Seared Steak Salad with Arugula & Curry Ranch

4 oz
Arugula½ oz
Sweaty Drop
Peppers

Oregano Steaks & Hot Honey with Vegetable Farro

1 bunch
Parsley2 Tbsps
Roasted
Pistachios

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



MAIN COOKING INGREDIENTS

Steaks, Chopped Chicken Breast, Whole Dried Oregano, Weeknight Hero Spice Blend, Semi-Pearled Farro, Red Onion, Asparagus, Grape Tomatoes, Red Wine Vinegar, Ginger, Scallions, Bell Peppers, Green Beans, Lime, Persian Cucumbers



Cook & slice the steaks

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides. Season **2 steaks** with enough of the **oregano** to coat.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **seasoned steaks**. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until cooked to your desired degree of doneness.* Transfer to a cutting board; let rest at least 5 minutes. Once rested, find the lines of muscle (or grain) on the steaks; slice crosswise against the grain. Rinse and wipe out the pan.



Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **weeknight hero spice blend** to coat; toss to coat.
- In the same pan, 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.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



Cook the farro

- Meanwhile, add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

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



Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Halve, peel, and thinly slice the **onion**. Snap off and discard the tough, woody stem ends of the **asparagus**; cut into 2-inch pieces (keeping the tips intact).
- Halve the **tomatoes**; place in a bowl. Add the **red wine vinegar**; drizzle with **olive oil** and season with salt and pepper. Stir to coat.
- Peel the **ginger**; finely chop to get 1 tablespoon. Thinly slice the **scallions**. Cut off the stems of the **bell peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice. Cut off any stem ends from the **green beans**.
- Halve the **lime** crosswise. Thinly slice the **cucumbers**; place in a bowl. Add **the juice of 1 lime half**; season with salt and pepper.



Cook the vegetables & finish the farro

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced onion** and **asparagus pieces**. Season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until browned and softened.
- Transfer to the pot of **cooked farro**. Add the **dressed tomatoes** (including any liquid) and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Wipe out the pan.



Cook the green beans & peppers

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped ginger**, **sliced scallions**, **sliced peppers**, and **green beans**. Season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened.
- Turn off the heat and stir in **the juice of the remaining lime half**. Taste, then season with salt and pepper if desired.

Make the Sauces

Spicy Peanut
SauceCurry
RanchCreamy
PestoHot
Honey

INGREDIENTS FOR SAUCES

Smooth Peanut Butter Spread, Rice Vinegar, Sambal Oelek, Basil Pesto, Fromage Blanc, Yellow Curry Paste, Ranch Dressing, Honey, Calabrian Chile Paste

Spicy Peanut Sauce

- Combine the **peanut butter spread**, **rice vinegar**, **1 teaspoon of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine.

Creamy Pesto

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

Curry Ranch

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

Hot Honey

- Combine the **honey** (kneading the packet before opening), **1 teaspoon of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 12 small containers



Spicy Peanut Chicken Salad

with Green Beans & Bell Pepper

Makes 2 servings:

For each serving, in a large container combine:

- **¼ cooked green beans and peppers**
- **¼ cooked chicken**

Transfer **½ lime cucumbers** to 2 small containers.

Transfer the **spicy peanut sauce** to 2 separate small containers.



Creamy Pesto Chicken & Farro

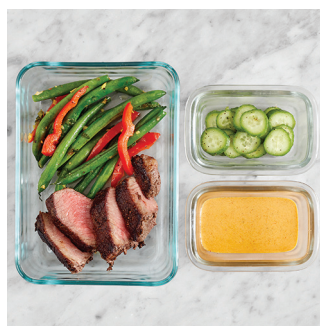
with Asparagus & Tomatoes

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished farro**
- **¼ cooked chicken**

Transfer the **creamy pesto** to 2 small containers.



Seared Steak Salad

with Arugula & Curry Ranch

Makes 2 servings:

For each serving, in a large container combine:

- **¼ cooked green beans and peppers**
- **1 plain sliced steak**

Transfer the **remaining lime cucumbers** to 2 small containers.

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



Oregano Steaks & Hot Honey

with Vegetable Farro

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished farro**
- **1 sliced oregano steak**

Transfer the **hot honey** to 2 small containers.

Finish + Serve

Spicy Peanut
Chicken Salad



Creamy Pesto
Chicken & Farro



Seared Steak Salad



Oregano Steaks &
Hot Honey



FINISHING INGREDIENTS

Butter Lettuce, Mint, Roasted Peanuts, Sliced Roasted Almonds, Arugula, Sweet Drop Peppers, Parsley, Roasted Pistachios

Spicy Peanut Chicken Salad

with Green Beans & Bell Pepper

Makes 2 servings:

- Wash and dry the **lettuce** and **mint**. Cut off the root end of the **lettuce**; roughly chop the leaves. Pick the **mint leaves** off the stems. Roughly chop the **peanuts**.
- Combine the **finished chicken and vegetables**, **lime cucumbers**, and **chopped lettuce**. Garnish each serving with the **spicy peanut sauce**, **mint leaves** (tearing just before adding) and **chopped peanuts**.

Creamy Pesto Chicken & Farro

with Asparagus & Tomatoes

Makes 2 servings:

- Heat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy pesto** and **almonds**.

Seared Steak Salad

with Arugula & Curry Ranch

Makes 2 servings:

- Wash and dry the **arugula**.
- Combine the **finished steak and vegetables**, **lime cucumbers**, and **arugula**.
- Garnish each serving with the **curry ranch** and **sweet drop peppers**.

Oregano Steaks & Hot Honey

with Vegetable Farro

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems. Roughly chop the **pistachios**.
- Heat the **finished steak and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **hot honey**, **chopped parsley**, and **chopped pistachios**.

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SPICY PEANUT CHICKEN SALAD



6 4 4

SmartPoints® value
per serving (as packaged)



6 44216 08045 8

CREAMY PESTO CHICKEN & FARRO



14 12 7

SmartPoints® value
per serving (as packaged)



6 44216 08055 7

SEARED STEAK SALAD



12 12 12

SmartPoints® value
per serving (as packaged)



6 44216 08065 6

OREGANO STEAKS & HOT HONEY



15 15 11

SmartPoints® value
per serving (as packaged)



6 44216 08075 5

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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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