

Mexican Pork & Spinach Salad



Spanish-Spiced Pork



Oregano Salmon & Nectarine Salad



Roasted Salmon & Quinoa



MEAL PREP Recipe Bundle



See last page for details

Pork & Salmon

2 servings of each:

Mexican Pork & Spinach Salad
with Nectarine & Guacamole Dressing

Spanish-Spiced Pork
with Veggie Quinoa & Romesco Yogurt

Oregano Salmon & Nectarine Salad
with Roasted Pepper Pesto

Roasted Salmon & Quinoa
with Spicy Green Goddess Dressing

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 fish 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
containers8 small
containers

TOOLS YOU'LL NEED

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

Main Cooking Ingredients

For All Recipes

4
Boneless,
Center-Cut Pork
Chops4
Skin-On Salmon
Fillets1 cup
Tricolor Quinoa½ lb
Snow Peas2
Zucchini2
Bell Peppers1
Red Onion1 tsp
Whole Dried
Oregano½ lb
Grape Tomatoes1
Nectarine1 Tbsp
Red Wine
Vinegar1 Tbsp
Mexican Spice
Blend¹1 Tbsp
Spanish Spice
Blend²2 cloves
Garlic4
Scallions1 Tbsp
Weeknight Hero
Spice Blend³

Sauce Ingredients

Mexican Pork & Spinach Salad with Nectarine & Guacamole Dressing

¼ cup
Guacamole2 Tbsps
Fromage Blanc

Spanish-Spiced Pork with Veggie Quinoa & Romesco Yogurt

3 Tbsps
Romesco Sauce½ cup
Plain Nonfat
Greek Yogurt

Oregano Salmon & Nectarine Salad with Roasted Pepper Pesto

1 oz
Sliced Roasted
Red Peppers⅓ cup
Basil Pesto

Roasted Salmon & Quinoa with Spicy Green Goddess Dressing

3 Tbsps
Green Goddess
Dressing¼ tsp
Crushed Red
Pepper Flakes

Finishing Touches

Mexican Pork & Spinach Salad with Nectarine & Guacamole Dressing

2.5 oz
Baby Spinach2 Tbsps
Raw Pepitas

Spanish-Spiced Pork with Veggie Quinoa & Romesco Yogurt

2 Tbsps
Sliced Roasted
Almonds

Oregano Salmon & Nectarine Salad with Roasted Pepper Pesto

2.5 oz
Baby Spinach2 Tbsps
Roasted
Pistachios

Roasted Salmon & Quinoa with Spicy Green Goddess Dressing

1 bunch
Mint1 ½ oz
Feta Cheese

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

2. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

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



MAIN COOKING INGREDIENTS

Pork Chops, Salmon Fillets, Tricolor Quinoa, Mexican Spice Blend, Spanish Spice Blend, Weeknight Hero Spice Blend, Whole Dried Oregano, Scallions, Grape Tomatoes, Nectarine, Red Wine Vinegar, Zucchini, Red Onion, Bell Peppers, Garlic, Snow Peas



Cook the quinoa

- Place an oven rack in the center of the oven; 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 transfer to a large bowl.
- Refill the pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.



Cook & slice the pork

- Meanwhile, pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **Mexican spice blend** to coat. Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **Spanish spice blend** 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 pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes. When cool enough to handle, slice crosswise.



Roast the fish

- Line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Transfer to the sheet pan. Drizzle with **olive oil**; turn to coat. Season **2 fish fillets** on both sides with salt, pepper, and enough of the **weeknight hero spice blend** to coat. Season the **remaining fish fillets** on both sides with salt, pepper, and enough of the **oregano** to coat. Arrange in an even layer, skin side down.
- Roast 15 to 17 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

*The USDA recommends a minimum safe cooking temperature of 145°F for pork and salmon.



Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Thinly slice the **scallions**. Halve the **tomatoes**. Halve and pit the **nectarine**; cut into ¼-inch-wide wedges. In a large bowl, combine the **sliced scallions**, **halved tomatoes**, **nectarine wedges**, and **vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Halve the **zucchini** lengthwise; cut crosswise into ¼-inch pieces. Halve, peel, and medium dice the **onion**. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Peel and roughly chop **2 cloves of garlic**.



Blanch & shock the snow peas

- Fill a medium bowl with ice water; add a **pinch of salt**. Set aside.
- Add the **snow peas** to the pot of boiling water and cook 2 to 3 minutes, or until bright green and slightly tender.
- Drain thoroughly and immediately transfer the cooked snow peas to the bowl of ice water. Let stand until cool.
- Drain thoroughly and pat dry with paper towels.
- Transfer to the bowl of **marinated nectarine and tomatoes**; stir to combine. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables & finish the quinoa

- Meanwhile, in the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **chopped garlic**, **diced onion**, and **sliced bell peppers**; season with salt and pepper. Cook stirring occasionally, 4 to 5 minutes, or until softened.
- Transfer to the bowl of **cooked quinoa**; add a drizzle of **olive oil** and season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.

Make the Sauces



Guacamole Dressing



Romesco Yogurt



Roasted Pepper Pesto



Spicy Green Goddess Dressing



INGREDIENTS FOR SAUCES

Guacamole, Fromage Blanc, Romesco Sauce, Plain Nonfat Greek Yogurt, Sliced Roasted Red Peppers, Basil Pesto, Green Goddess Dressing, Crushed Red Pepper Flakes

Guacamole Dressing

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

Romesco Yogurt

- Combine the **romesco sauce**, **yogurt**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

Roasted Pepper Pesto

- Roughly chop the **roasted peppers**.
- Combine the **chopped peppers** and **pesto**. Taste, then season with salt and pepper if desired.

Spicy Green Goddess Dressing

- Combine the **dressing** and **as much of the red pepper flakes 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, 8 small containers



Mexican Pork & Spinach Salad

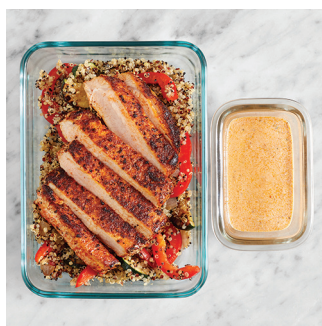
with Nectarine & Guacamole Dressing

Makes 2 servings:

For each serving, in a large container combine:

- **¼ marinated nectarine and vegetables**
- **1 sliced Mexican-spiced pork chop**

Transfer the **guacamole dressing** to 2 small containers.



Spanish-Spiced Pork

with Veggie Quinoa & Romesco Yogurt

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished quinoa**
- **1 sliced Spanish-spiced pork chop**

Transfer the **romesco yogurt** to 2 small containers.



Oregano Salmon & Nectarine Salad

with Roasted Pepper Pesto

Makes 2 servings:

For each serving, in a large container combine:

- **¼ marinated nectarine and vegetables**
- **1 oregano-roasted fish fillet**

Transfer the **roasted pepper pesto** to 2 small containers.



Roasted Salmon & Quinoa

with Spicy Green Goddess Dressing

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished quinoa**
- **1 weeknight hero-roasted fish fillet**

Transfer the **spicy green goddess dressing** to 2 small containers.

Mexican Pork &
Spinach Salad

Spanish-Spiced Pork

Oregano Salmon &
Nectarine SaladRoasted Salmon &
Quinoa

1

2

3

4

5

⌚ 5 min



FINISHING INGREDIENTS

Baby Spinach, Raw Pepitas, Sliced Roasted Almonds, Roasted Pistachios, Mint, Feta Cheese

Mexican Pork &
Spinach Salad

with Nectarine &
Guacamole Dressing

Makes 2 servings:

- Wash and dry **half the spinach**.
- Roughly chop the **pepitas**.
- Top the **spinach** with the **finished pork** and **marinated nectarine** and **vegetables**.
- Garnish each serving with the **guacamole dressing** and **chopped pepitas**.

Spanish-Spiced Pork

with Veggie Quinoa &
Romesco Yogurt

Makes 2 servings:

- Heat the **finished pork** and **quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **romesco yogurt** and **almonds**.

Oregano Salmon &
Nectarine Salad

with Roasted Pepper Pesto

Makes 2 servings:

- Wash and dry the **remaining spinach**.
- Roughly chop the **pistachios**.
- Top the **spinach** with the **finished fish** and **marinated nectarine** and **vegetables**.
- Garnish each serving with the **roasted pepper pesto** and **chopped pistachios**.

Roasted Salmon & Quinoa

with Spicy Green Goddess Dressing

Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Heat the **finished fish** and **quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy green goddess dressing**, **mint leaves** (tearing just before adding) and **cheese** (crumbling before adding).

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MEXICAN PORK & SPINACH SALAD



9 9 9

SmartPoints® value
per serving (as packaged)



6 44216 08225 4

SPANISH-SPICED PORK



14 13 8

SmartPoints® value
per serving (as packaged)



6 44216 08235 3

OREGANO SALMON & NECTARINE SALAD



13 7 7

SmartPoints® value
per serving (as packaged)



6 44216 08245 2

ROASTED SALMON & QUINOA



17 11 6

SmartPoints® value
per serving (as packaged)



6 44216 08255 1

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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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