

Mango  
Chutney  
Chicken &  
Cashews



Ancho  
Chicken  
Tacos



Steaks &  
Currant  
Salsa Verde



Pepper  
Ranch  
Steak



## MEAL PREP Recipe Bundle

### Chicken & Steak

2 servings of each:

#### Mango Chutney Chicken & Cashews

with Sweet Chili Yogurt

#### Ancho Chicken Tacos

with Corn Salad &  
Creamy Cilantro Sauce

#### Steaks & Currant Salsa Verde

with Veggie Rice & Almonds

#### Pepper Ranch Steak

with Lettuce, Corn &  
Tomato Salad

### Let's get grilling

**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](https://blueapron.com/wine)



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



Serve [shrimp] 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

Grill, Knife, Cutting Board, Mixing Bowls, Tongs, 1 Medium Pot

## Main Cooking Ingredients

## For All Recipes

4  
Boneless,  
Skinless Chicken  
Breasts4  
Steaks4  
Flour Tortillas1 cup  
Long Grain  
White Rice4 ears of  
Corn1  
Red Onion2  
Poblano  
Peppers2  
Zucchini4  
Scallions1  
Peach½ lb  
Grape Tomatoes¼ cup  
Mango Chutney1 Tbsp  
Smoky Spice  
Blend<sup>1</sup>1 Tbsp  
Mexican Spice  
Blend<sup>2</sup>

## Grilling 101

## FIRE IT UP

Light your grill and let it preheat. A hot grill prevents your ingredients from sticking (and makes step 2 easier).

## CLEAN THE GRATE

Scrub the grates until smooth using a long-handled grill brush. (Don't have one? Wear a fire-safe glove and use a crumpled-up sheet of aluminum foil.)

## GATHER YOUR TOOLS

You'll need grill tongs, a grill spatula, and a clean plate or tray for transporting cooked food, salt, and pepper.

## OIL YOUR GRILL

Dampen a wad of paper towels with a neutral oil (like safflower, sunflower, grapeseed, or vegetable). Holding the oiled paper towels with tongs, lightly rub them across the grates to completely coat them.

## CLOSE THE LID

For our recipes, we recommend keeping your grill closed while cooking. It traps heat, which can help speed up cook times, and circulates smoke for depth of flavor.

## LET IT SIT

Once you've placed your meat or vegetables on the grill, don't touch them until it's time to flip, or you'll lose those clean, slightly charred lines you're planning on showing off later.

## Sauce Ingredients

## Mango Chutney Chicken &amp; Cashews with Sweet Chili Yogurt

½ cup  
Plain Nonfat  
Greek Yogurt3 Tbsps  
Sweet Chili  
Sauce

## Ancho Chicken Tacos with Corn Salad &amp; Creamy Cilantro Sauce

¼ cup  
Sour Cream¼ cup  
Cilantro Sauce

## Steaks &amp; Currant Salsa Verde with Veggie Rice &amp; Almonds

⅓ cup  
Salsa Verde2 Tbsps  
Dried Currants

## Pepper Ranch Steak with Lettuce, Corn &amp; Tomato Salad

1 oz  
Sliced Roasted  
Red Peppers3 Tbsps  
Ranch Dressing

## Finishing Touches

## Mango Chutney Chicken &amp; Cashews with Sweet Chili Yogurt

1 bunch  
Mint3 Tbsps  
Roasted  
Cashews

## Ancho Chicken Tacos with Corn Salad &amp; Creamy Cilantro Sauce

¼ cup  
Guacamole2 Tbsps  
Grated Cotija  
Cheese

## Steaks &amp; Currant Salsa Verde with Veggie Rice &amp; Almonds

¼ cup  
Grated  
Parmesan2 Tbsps  
Sliced Roasted  
Almonds

## Pepper Ranch Steak with Lettuce, Corn &amp; Tomato Salad

1 head  
Butter or  
Romaine Lettuce1 ½ oz  
Feta Cheese

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder  
2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



#### MAIN COOKING INGREDIENTS

Chicken Breasts, Steak, Long Grain White Rice, Mango Chutney, Mexican Spice Blend, Smoky Spice Blend, Red Onion, Corn, Peach, Zucchini, Scallions, Grape Tomatoes, Poblano Peppers, Flour Tortillas



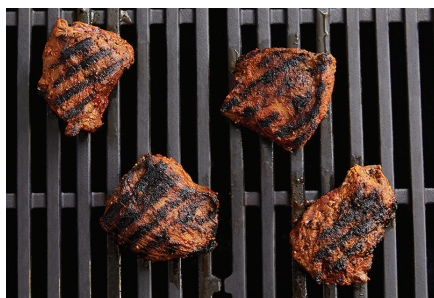
#### Cook the rice

- Preheat your grill to maintain a temperature of 450–500°F. Carefully oil the grill grates.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



#### Grill & slice the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Drizzle with **olive oil**; turn to coat.
- Transfer **2 chicken breasts** to a plate; season with salt and pepper on both sides. Evenly spread or brush the **mango chutney** onto the chicken.
- Season the **remaining chicken breasts** on both sides with salt, pepper, and enough of the **Mexican spice blend** to coat.
- Grill 7 to 8 minutes per side, or until browned and cooked through.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



#### Grill & slice the steaks

- Pat the **steaks** dry with paper towels. Drizzle with **olive oil** and season with salt, pepper, and the **smoky spice blend**. Turn to coat.
- Grill 4 to 5 minutes per side for medium-rare (125°F)\*, or until browned and cooked to your desired degree of doneness.
- Transfer to a cutting board and let rest at least 5 minutes.
- Once rested, find the lines of muscle (or grain) on the steaks. Slice crosswise against the grain.

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this.  
Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

Facebook Instagram Twitter Share your photos with #mealprep and #blueapron





### Prepare the remaining ingredients

- Wash and dry the fresh produce for bulk cooking.
- Peel the **onion**; cut into ½-inch-thick rounds, keeping the layers intact. Remove any husks and silks from the **corn**.
- Halve and pit the **peach**. Quarter the **zucchini** lengthwise. Cut off the root ends of the **scallions**, keeping them whole.
- Halve the **tomatoes**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds. Thoroughly wash your hands, knife, and cutting board immediately after handling.



### Grill the corn & onion

- Place the **onion rounds** and **prepared corn** on a large plate. Drizzle with **olive oil**; season with salt and pepper. Carefully turn to coat.
- Grill the **seasoned corn**, turning occasionally, 9 to 10 minutes, or until charred.
- Grill the **seasoned onion rounds** 3 to 4 minutes per side, or until charred and tender.
- Transfer to a cutting board.



### Grill the remaining ingredients

- Place the **halved peach**, **quartered zucchini**, **prepared scallions**, and **halved poblano peppers** in a bowl. Drizzle with **olive oil**; season with salt and pepper. Turn to coat.
- Grill the **seasoned peach** and **seasoned zucchini** 3 to 5 minutes per side, or until charred and softened. Grill the **seasoned scallions** 2 to 3 minutes per side, or until charred and tender. Grill the **seasoned poblano peppers** 4 to 5 minutes per side, or until charred and softened. Transfer to a cutting board.
- Grill the **tortillas** 30 seconds to 1 minute per side, or until lightly charred.
- Transfer to a work surface.



### Make the corn salad & finish the rice

- Medium dice the **grilled peach**. Roughly chop the **grilled onion**. Cut the **grilled corn kernels** off the cobs.
- Cut the **grilled zucchini** into ¾-inch pieces. Roughly chop the **grilled scallions**. Roughly chop the **grilled poblano peppers**.
- In a large bowl, combine the **diced peach**, **chopped onion**, **corn kernels**, and **halved tomatoes**. Taste, then season with salt and pepper if desired.
- To the pot of **cooked rice**, add the **zucchini pieces**, **chopped scallions**, and **chopped poblano peppers**. Stir to combine. Taste, then season with salt and pepper if desired.



# Make the Sauces



Sweet Chili Yogurt

Currant Salsa Verde

Creamy Cilantro Sauce

Pepper Ranch



## INGREDIENTS FOR SAUCES

Sweet Chili Sauce, Plain Nonfat Greek Yogurt, Sour Cream, Cilantro Sauce, Salsa Verde, Dried Currants, Sliced Roasted Red Peppers, Ranch Dressing

### Sweet Chili Yogurt

- Combine the **sweet chili sauce**, **yogurt**, and **2 teaspoons of water**. Season with salt and pepper.

### Creamy Cilantro Sauce

- Combine the **sour cream** and **cilantro sauce**. Season with salt and pepper.

### Currant Salsa Verde

- Combine the **salsa verde** and **currants**. Taste, then season with salt and pepper if desired.

### Pepper Ranch

- Roughly chop the **roasted red peppers**.
- Combine the **ranch dressing** and **chopped peppers**. Season with salt and pepper.

# Assemble + Store



## STORAGE YOU'LL NEED

8 large containers, 8 small containers



### Mango Chutney Chicken & Cashews

with Sweet Chili Yogurt

#### Makes 2 servings:

For each serving, in a large container combine:

- **1/4 finished rice**
- **1 sliced mango chutney chicken breast**

Transfer the **sweet chili yogurt** to 2 small containers.



### Ancho Chicken Tacos

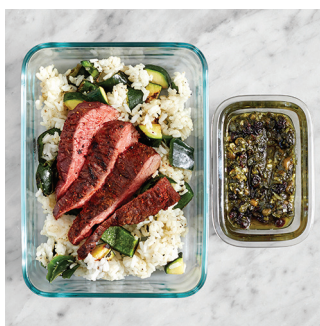
with Corn Salad & Creamy Cilantro Sauce

#### Makes 2 servings:

For each serving, in a large container combine:

- **1/4 corn salad**
- **1 sliced Mexican-spiced chicken breast**

Transfer the **grilled tortillas** to 2 resealable bags. Transfer the **creamy cilantro sauce** to 2 small containers.



### Steaks & Currant Salsa Verde

with Veggie Rice & Almonds

#### Makes 2 servings:

For each serving, in a large container combine:

- **1/4 finished rice**
- **1 sliced steak**

Transfer the **currant salsa verde** to 2 small containers.



### Pepper Ranch Steak

with Lettuce, Corn & Tomato Salad

#### Makes 2 servings:

For each serving, in a large container combine:

- **1/4 corn salad**
- **1 sliced steak**

Transfer the **pepper ranch** to 2 small containers.



Mango Chutney  
Chicken & Cashews

Ancho Chicken Tacos

Steaks & Currant  
Salsa Verde

Pepper Ranch Steak



1 — 2 — 3 — 4 — 5

⌚ 5 min



## FINISHING INGREDIENTS

Mint, Roasted Cashews, Guacamole, Grated Cotija Cheese, Grated Parmesan Cheese, Sliced Roasted Almonds, Butter or Romaine Lettuce, Feta Cheese

Mango Chutney Chicken  
& Cashews

with Sweet Chili Yogurt

## Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Roughly chop the **cashews**.
- Heat the **finished chicken and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **sweet chili yogurt**, **chopped cashews**, and **mint leaves** (tearing just before adding).

## Ancho Chicken Tacos

with Corn Salad &  
Creamy Cilantro Sauce

## Makes 2 servings:

- Heat the **finished chicken and corn salad** in the microwave 1 to 2 minutes, or until heated through.
- Wrap the **tortillas** in a damp paper towel; microwave 30 seconds to 1 minute, or until heated through.
- Assemble each taco using the **warmed tortillas**, **chicken and corn salad**, **creamy cilantro sauce**, **guacamole**, and **cotija**.

Steaks &  
Currant Salsa Verde

with Veggie Rice &amp; Almonds

## Makes 2 servings:

- Heat the **finished steak and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **currant salsa verde**, **parmesan**, and **almonds**.

## Pepper Ranch Steak

with Lettuce, Corn &  
Tomato Salad

## Makes 2 servings:

- Wash and dry the **lettuce**. Cut off and discard the root end; roughly chop the leaves.
- Serve the **chopped lettuce** topped with the **finished steak and corn salad**.
- Garnish each serving with the **pepper ranch** and **feta** (crumbling before adding).

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

[f](#) [t](#) [i](#) [@](#) Share your photos with [#mealprep](#) and [#blueapron](#)

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

Blue Apron, LLC, New York, NY 10005



062821, MP02