



Oregano
Salmon &
Corn Farro



Roasted
Salmon &
Vegetables



Ricotta
Turkey
Meatballs



Hoisin-Sesame
Turkey
Meatballs



MEAL PREP Recipe Bundle

Salmon & Turkey

2 servings of each:

**Oregano Salmon &
Corn Farro**
with Preserved Lemon-Tahini Sauce

**Roasted Salmon &
Vegetables**
with Spicy Soy Glaze

Ricotta Turkey Meatballs
with Farro & Currant Salsa Verde

**Hoisin-Sesame Turkey
Meatballs**
with Vegetables & Peanuts

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



Serve turkey 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,
Wooden Spoon, 2 Sheet Pans, 1 Medium Pot,
1 Large Nonstick Pan, Whisk

Main Cooking Ingredients

For All Recipes

4
Skin-On Salmon
Fillets18 oz
Ground Turkey½ cup
Semi-Pearled
Farro1 lb
Broccoli1
Red Onion4 ears of
Corn2
Zucchini½ lb
Sweet Peppers½ lb
Grape Tomatoes½ cup
Part-Skim
Ricotta Cheese¼ cup
Panko
Breadcrumbs1 tsp
Whole Dried
Oregano1 Tbsp
Weeknight Hero
Spice Blend¹

Sauce Ingredients

Oregano Salmon & Corn Farro with Preserved Lemon-Tahini Sauce

1 tsp
Preserved
Lemon Purée2 Tbsps
Tahini2 tsps
Date Syrup

Roasted Salmon & Vegetables with Spicy Soy Glaze

3 Tbsps
Soy Glaze1 Tbsp
Sambal Oelek

Ricotta Turkey Meatballs with Farro & Currant Salsa Verde

⅓ cup
Salsa Verde2 Tbsps
Dried Currants

Hoisin-Sesame Turkey Meatballs with Vegetables & Peanuts

2 Tbsps
Hoisin Sauce1 Tbsp
Sesame Oil

Finishing Touches

Oregano Salmon & Corn Farro with Preserved Lemon-Tahini Sauce

1 oz
Sliced Roasted
Red Peppers2 Tbsps
Sliced Roasted
Almonds

Roasted Salmon & Vegetables with Spicy Soy Glaze

3 Tbsps
Roasted
Cashews

Ricotta Turkey Meatballs with Farro & Currant Salsa Verde

1 oz
Pitted Niçoise
Olives

Hoisin-Sesame Turkey Meatballs with Vegetables & Peanuts

3 Tbsps
Roasted Peanuts1 tsp
Black & White
Sesame Seeds

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



MAIN COOKING INGREDIENTS

Ground Turkey, Salmon Fillets, Panko Breadcrumbs, Part-Skim Ricotta Cheese, Weeknight Hero Spice Blend, Whole Dried Oregano, Semi-Pearled Farro, Broccoli, Red Onion, Sweet Peppers, Zucchini, Grape Tomatoes, Corn



Form & bake the meatballs

- Preheat the oven to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Line two sheet pans with foil.
- In a bowl, combine the **turkey**, **breadcrumbs**, **ricotta**, and **weeknight hero spice blend**. Season with salt and pepper; gently mix to combine. Shape the mixture into 12 tightly packed meatballs. Transfer to one sheet pan.
- Bake 15 to 17 minutes, or until browned and cooked through.* Remove from the oven.



Prepare & roast the fish

- Meanwhile, pat the **fish** dry with paper towels.
- Transfer to the remaining sheet pan. Drizzle with **olive oil**; turn to coat. Season **2 fish fillets** on both sides with salt and pepper. Season the **remaining fish fillets** on both sides with salt, pepper, and the **oregano**. Arrange in an even layer, skin side down.
- Roast 15 to 17 minutes, or until lightly browned and cooked through.*
- Reserving the sheet pan, transfer the **roasted fish** to a plate. Discard the foil.



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.

*The USDA recommends a minimum safe cooking temperature of 165°F for turkey and 145°F for fish.



Prepare the remaining ingredients

- Wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Halve and peel the **onion**; cut into ½-inch wedges, keeping the layers intact.
- Cut off and discard the stems of the **sweet peppers**; remove the cores, then quarter lengthwise.
- Halve the **zucchini** lengthwise, then cut crosswise into ¼-inch pieces.
- Halve the **tomatoes**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.



Roast the vegetables

- Line the reserved sheet pan with foil.
- Transfer the **broccoli florets**, **onion wedges**, and **quartered sweet peppers** to the sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



Cook the remaining vegetables & finish the farro

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **halved tomatoes** and **corn kernels**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to the pot of **cooked farro**; stir to combine. Taste, then season with salt and pepper if desired.

Make the Sauces



Preserved Lemon-Tahini Sauce



Spicy Soy Glaze



Currant Salsa Verde



Hoisin-Sesame Sauce



INGREDIENTS FOR SAUCES

Preserved Lemon Purée, Tahini, Date Syrup, Soy Glaze, Sambal Oelek, Salsa Verde, Dried Currants, Hoisin Sauce, Sesame Oil

Preserved Lemon-Tahini Sauce

- Whisk together the **lemon purée, tahini, date syrup,** and **2 teaspoons of water.** Taste, then season with salt and pepper if desired.

Spicy Soy Glaze

- Combine the **soy glaze** and **as much of the sambal oelek as you'd like,** depending on how spicy you'd like the dish to be.

Currant Salsa Verde

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

Hoisin-Sesame Sauce

- Whisk together the **hoisin sauce** and **sesame oil.**

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers



Oregano Salmon & Corn Farro

with Preserved Lemon-Tahini Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- **1 oregano-roasted fish fillet**

Transfer the **preserved lemon-tahini sauce** to 2 small containers.



Roasted Salmon & Vegetables

with Spicy Soy Glaze

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- **1 plain roasted fish fillet**

Transfer the **spicy soy glaze** to 2 small containers.



Ricotta Turkey Meatballs

with Farro & Currant Salsa Verde

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- **3 baked meatballs**

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



Hoisin-Sesame Turkey Meatballs

with Vegetables & Peanuts

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- **3 baked meatballs**

Transfer the **hoisin-sesame sauce** to 2 small containers.



 **FINISHING INGREDIENTS**
Sliced Roasted Red Peppers, Sliced Roasted Almonds, Roasted Cashews, Pitted Niçoise Olives, Roasted Peanuts, Black & White Sesame Seeds

Oregano Salmon & Corn Farro
with Preserved Lemon-Tahini Sauce

Makes 2 servings:

- Roughly chop the **red peppers**.
- Heat the **finished fish and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **preserved lemon-tahini sauce, chopped peppers, and almonds**.

Roasted Salmon & Vegetables
with Spicy Soy Glaze

Makes 2 servings:

- Roughly chop the **cashews**.
- Heat the **finished fish and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy soy glaze and chopped cashews**.

Ricotta Turkey Meatballs
with Farro & Currant Salsa Verde

Makes 2 servings:

- Roughly chop the **olives**.
- Heat the **finished meatballs and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **currant salsa verde and chopped olives**.

Hoisin-Sesame Turkey Meatballs
with Vegetables & Peanuts

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished meatballs and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **hoisin-sesame sauce, chopped peanuts, and sesame seeds**.

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OREGANO SALMON & CORN FARRO





SmartPoints® value per serving (as packaged)




6 44216 08645 0

ROASTED SALMON & VEGETABLES



SmartPoints® value per serving (as packaged)



6 44216 08655 9

RICOTTA TURKEY MEATBALLS



SmartPoints® value per serving (as packaged)



6 44216 08665 8

HOISIN-SESAME TURKEY MEATBALLS




SmartPoints® value per serving (as packaged)



6 44216 08675 7

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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.
Blue Apron, LLC, New York, NY 10005



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