



MEAL PREP Recipe Bundle

Steak & Chicken

2 servings of each:

Southern-Spiced Steak
with Red Rice & Spicy Ranch

Balsamic-Dijon Steak
with Roasted Vegetables & Pistachios

Mexican Chicken
with Veggie Rice & Guajillo Sour Cream

Chicken & Red Pepper Dressing
with Oregano-Roasted Vegetables

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



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

Main Cooking Ingredients

For All Recipes

4
Steaks4
Boneless,
Skinless Chicken
Breasts1 cup
Red Rice Blend1 lb
Broccoli¾ lb
Carrots1
Poblano Pepper¾ lb
Green Beans1
Red Onion1 ¼ lbs
Potatoes2 Tbsps
Dried Currants½ lb
Grape Tomatoes1 tsp
Whole Dried
Oregano1 Tbsp
Southern Spice
Blend¹1 Tbsp
Mexican Spice
Blend²1 Tbsp
Weeknight Hero
Spice Blend³

Sauce Ingredients

Southern-Spiced Steak with Red Rice & Spicy Ranch

3 Tbsps
Ranch Dressing¼ tsp
Crushed Red
Pepper Flakes

Balsamic-Dijon Steak with Roasted Vegetables & Pistachios

2 Tbsps
Balsamic
Vinegar1 Tbsp
Dijon Mustard2 tsps
Honey

Mexican Chicken with Veggie Rice & Guajillo Sour Cream

⅓ cup
Guajillo Chile
Pepper Sauce¼ cup
Sour Cream

Chicken & Red Pepper Dressing with Oregano-Roasted Vegetables

3 Tbsps
Green Goddess
Dressing1 oz
Sliced Roasted
Red Peppers

Finishing Touches

Southern-Spiced Steak with Red Rice & Spicy Ranch

⅓ cup
Crispy Onions

Balsamic-Dijon Steak with Roasted Vegetables & Pistachios

0.7 oz
Grana Padano
Cheese¼ cup
Roasted
Pistachios

Mexican Chicken with Veggie Rice & Guajillo Sour Cream

2 Tbsps
Raw Pepitas2 Tbsps
Grated Cotija
Cheese

Chicken & Red Pepper Dressing with Oregano-Roasted Vegetables

¼ cup
Grated Parmesan
Cheese2 Tbsps
Sliced Roasted
Almonds

1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
 2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
 3. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



MAIN COOKING INGREDIENTS

Steaks, Chicken Breasts, Southern Spice Blend, Mexican Spice Blend, Weeknight Hero Spice Blend, Red Rice Blend, Dried Currants, Broccoli, Carrots, Potatoes, Green Beans, Red Onion, Grape Tomatoes, Poblano Pepper, Whole Dried Oregano



Cook & slice the steaks

- 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. Pat the **steaks** dry with paper towels; season with salt and pepper on all sides. Season **2 steaks** with enough of the **Southern 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 steaks**. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), 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.



Roast & slice the chicken

- Meanwhile, line two sheet pans with foil.
- Pat the **chicken** dry with paper towels. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **Mexican spice blend** to coat. Season the **remaining chicken breasts** on both sides with salt, pepper, and enough of the **weeknight hero spice blend** to coat. Transfer to one sheet pan. Bake 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise. Reserving the sheet pan, discard the foil.



Cook the rice

- Add the **rice** to the pot of boiling water. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **currants** and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.

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

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Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets. Peel the **carrots**; halve lengthwise, then cut crosswise into ½-inch pieces. Halve the **potatoes** lengthwise, then cut crosswise into ¾-inch pieces. Cut off and discard any stem ends from the **green beans**. Peel the **onion**; cut into ½-inch-wide wedges, keeping the layers intact. Halve the **tomatoes**; place in a bowl and season with salt and pepper.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then cut into ½-inch pieces. Thoroughly wash your hands immediately after handling.



Roast the vegetables & finish the rice

- Transfer the **broccoli florets**, **carrot pieces**, and **pepper pieces** to the remaining 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 tender when pierced with a fork. Remove from the oven.
- Transfer to the pot of **cooked rice**. Add the **seasoned tomatoes** and stir to combine. Taste, then season with salt and pepper if desired.



Roast the remaining vegetables

- Line the reserved sheet pan with foil.
- Transfer the **potato pieces**, **green beans**, and **onion wedges** to the sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **oregano**. Toss to coat and arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.

Make the Sauces



Spicy Ranch

Guajillo
Sour CreamBalsamic-Dijon
DressingRed Pepper
Dressing

INGREDIENTS FOR SAUCES

Ranch Dressing, Crushed Red Pepper Flakes, Balsamic Vinegar, Honey, Guajillo Chile Pepper Sauce, Sour Cream, Sliced Roasted Red Peppers, Green Goddess Dressing

Spicy Ranch

- Combine the **ranch 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.

Balsamic-Dijon Dressing

- Combine the **vinegar**, **mustard**, **honey** (kneading the packet before opening), and **1 tablespoon of olive oil**. Season with salt and pepper.

Guajillo Sour Cream

- Combine **guajillo chile sauce** and **sour cream**. Taste, then season with salt and pepper if desired.

Red Pepper Dressing

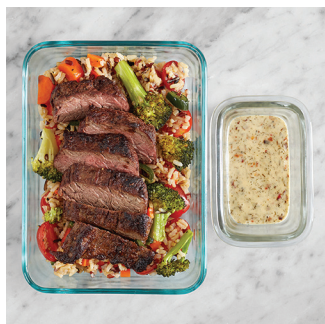
- Roughly chop the **roasted peppers**.
- Combine the **chopped peppers** and **green goddess dressing**. Taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers



Southern-Spiced Steak

with Red Rice & Spicy Ranch

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished rice**
- 1 **sliced Southern-spiced steak**

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



Balsamic-Dijon Steak

with Roasted Vegetables & Pistachios

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced plain steak**

Transfer the **balsamic-dijon dressing** to 2 small containers.



Mexican Chicken

with Veggie Rice & Guajillo Sour Cream

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished rice**
- 1 **sliced Mexican-spiced chicken breast**

Transfer the **guajillo sour cream** to 2 small containers.



Chicken & Red Pepper Dressing

with Oregano-Roasted Vegetables

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced weeknight hero-spiced chicken breast**

Transfer the **red pepper dressing** to 2 small containers.

Southern-Spiced Steak



Mexican Chicken



Balsamic-Dijon Steak



Chicken & Red Pepper Dressing



1

2

3

4

5

⌚ 5 min



FINISHING INGREDIENTS

Crispy Onions, Roasted Pistachios, Grana Padano Cheese, Raw Pepitas, Grated Cotija Cheese, Grated Parmesan Cheese, Sliced Roasted Almonds

Southern-Spiced Steak

with Red Rice & Spicy Ranch

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 **spicy ranch** and **crispy onions**.

Balsamic-Dijon Steak

with Roasted Vegetables & Pistachios

Makes 2 servings:

- Roughly chop the **pistachios**.
- Heat the **finished steak and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **balsamic-dijon sauce**, **chopped pistachios**, and **Grana Padano** (crumbling before adding).

Mexican Chicken

with Veggie Rice & Guajillo Sour Cream

Makes 2 servings:

- Roughly chop the **pepitas**.
- Heat the **finished chicken and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **guajillo sour cream**, **chopped pepitas**, and **cotija**.

Chicken & Red Pepper Dressing

with Oregano-Roasted Vegetables

Makes 2 servings:

- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **red pepper dressing**, **parmesan**, and **almonds**.

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