



Seared Shrimp & Chickpeas



Spicy Lemon Shrimp



Smoky Pork & Za'atar Yogurt



Southern-Spiced Pork



## MEAL PREP Recipe Bundle



See last page for details

## Shrimp & Pork

2 servings of each:

**Seared Shrimp & Chickpeas**  
with Raisin Romesco Sauce

**Spicy Lemon Shrimp**  
with Sautéed Vegetables & Parsley

**Smoky Pork & Za'atar Yogurt**  
with Chickpeas, Feta & Mint

**Southern-Spiced Pork**  
with Vegetables & Spicy Ranch

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



Serve pork 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

Knife, Cutting Board, Mixing Bowls, Wooden  
Spoon, Spatula, 1 Large Nonstick Pan

## Main Cooking Ingredients

## For All Recipes

18 oz  
Tail-On Shrimp<sup>1</sup>4  
Boneless,  
Center-Cut Pork  
Chops1 15.5-oz can  
Chickpeas5 oz  
Baby Spinach4 cloves  
Garlic½ lb  
Grape Tomatoes1  
Shallot2  
Zucchini1  
Red Onion2  
Bell Peppers2  
Poblano  
Peppers¾ lb Green  
Beans1 Tbsp  
Weeknight Hero  
Spice Blend<sup>2</sup>1 Tbsp Smoky  
Spice Blend<sup>3</sup>1 Tbsp Southern  
Spice Blend<sup>4</sup>

## Sauce Ingredients

## Seared Shrimp &amp; Chickpeas with Raisin Romesco Sauce

3 Tbsps  
Romesco Sauce1 ½ Tbsps  
Golden Raisins

## Spicy Lemon Shrimp with Sautéed Vegetables &amp; Parsley

1  
Lemon1 Tbsp  
Honey1 ½ Tbsps  
Calabrian Chile  
Paste

## Smoky Pork &amp; Za'atar Yogurt with Chickpeas, Feta &amp; Mint

½ cup  
Plain Nonfat  
Greek Yogurt1 Tbsp  
Za'atar  
Seasoning<sup>6</sup>

## Southern-Spiced Pork with Vegetables &amp; Spicy Ranch

3 Tbsps  
Ranch Dressing1 Tbsp  
Hot Sauce

## Finishing Touches

## Seared Shrimp &amp; Chickpeas with Raisin Romesco Sauce

1 oz  
Sliced Roasted  
Red Peppers2 Tbsps  
Roasted  
Sunflower Seeds

## Spicy Lemon Shrimp with Sautéed Vegetables &amp; Parsley

1 bunch  
Parsley2 Tbsps  
Sliced Roasted  
Almonds

## Smoky Pork &amp; Za'atar Yogurt with Chickpeas, Feta &amp; Mint

1 bunch  
Mint1 ½ oz  
Feta Cheese

## Southern-Spiced Pork with Vegetables &amp; Spicy Ranch

½ oz  
Pickled  
Peppadew  
Peppers3 Tbsps  
Roasted Peanuts

1. peeled &amp; deveined

2. Onion Powder, Garlic Powder, Smoked Paprika &amp; Whole Dried Parsley

3. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder &amp; Onion Powder

4. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika &amp; Cayenne Pepper

5. contains almonds

6. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano &amp; Crushed Aleppo Pepper



#### MAIN COOKING INGREDIENTS

Tail-On Shrimp, Pork Chops, Weeknight Hero Spice Blend, Smoky Spice Blend, Southern Spice Blend, Chickpeas, Shallot, Garlic, Grape Tomatoes, Zucchini, Green Beans, Bell Peppers, Red Onion, Poblano Peppers, Baby Spinach



#### Cook the shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl; season with salt, pepper, and the **weeknight hero spice blend**. Stir to coat.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until the shrimp are opaque and cooked through.
- Transfer to a plate. Rinse and wipe out the pan.



#### Cook & slice the pork

- Dry the **pork** with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **smoky spice blend** to coat. Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **Southern spice blend** to coat.
- In the same pan, 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.



#### Prepare the ingredients

- Meanwhile, wash and dry the fresh produce. Drain and rinse the **chickpeas**. Peel and thinly slice the **shallot**. Peel and roughly chop **4 cloves of garlic**. Halve the **tomatoes**. Halve the **zucchini** lengthwise; thinly slice crosswise. Cut off and discard any stem ends from the **green beans**; halve crosswise. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Halve, peel, and thinly slice the **onion**. Cut off and discard the stem of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.

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



### Cook the chickpeas & vegetables

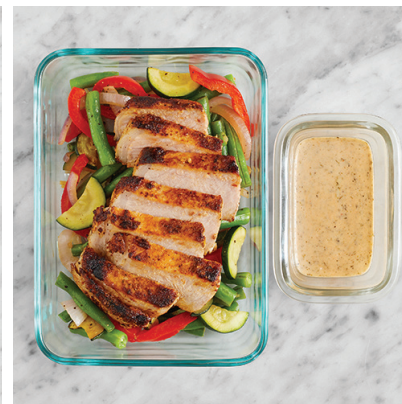
- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **chickpeas**, **sliced shallot**, and **half the chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened. Add the **spinach**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Turn off the heat. Add the **tomatoes**; stir to combine. Taste, then season with salt and pepper if desired.
- Transfer to a large bowl. Wipe out the pan.



### Sauté the remaining vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **halved green beans**, **sliced bell peppers**, **sliced onion**, and **remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened.
- Turn off the heat.

## Make the Sauces



## INGREDIENTS FOR SAUCES

Romesco Sauce, Golden Raisins, Lemon, Calabrian Chile Paste, Plain Nonfat Greek Yogurt, Za'atar Seasoning, Ranch Dressing, Hot Sauce

## Raisin Romesco Sauce

- Combine the **romesco sauce** and **raisins**. Taste, then season with salt and pepper if desired.

## Spicy Lemon Sauce

- Halve the **lemon** crosswise; remove the seeds.
- Combine the **honey** (kneading before opening), the **juice of 1 lemon half**, **1 tablespoon of olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

## Za'atar Yogurt

- Combine the **yogurt**, the **juice of the remaining lemon half**, and **half the za'atar** (you will have extra); season with salt and pepper.

## Spicy Ranch

- Combine the **ranch dressing** and **hot sauce**. Taste, then season with salt and pepper if desired.

## Assemble + Store



## STORAGE YOU'LL NEED

8 large containers, 8 small containers

## Seared Shrimp &amp; Chickpeas

with Raisin Romesco Sauce

## Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$  **cooked chickpeas and vegetables**
- $\frac{1}{4}$  **cooked shrimp**

Transfer the **raisin romesco sauce** to 2 small containers.

## Spicy Lemon Shrimp

with Sautéed Vegetables & Parsley

## Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$  **sautéed vegetables**
- $\frac{1}{4}$  **cooked shrimp**

Transfer the **spicy lemon sauce** to 2 small containers.

## Smoky Pork &amp; Za'atar Yogurt

with Chickpeas, Feta & Mint

## Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$  **cooked chickpeas and vegetables**
- **1 sliced smoky-spiced pork chop**

Transfer the **za'atar yogurt** to 2 small containers.

## Southern-Spiced Pork

with Vegetables & Spicy Ranch

## Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$  **sautéed vegetables**
- **1 sliced Southern-spiced pork chop**

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

Seared Shrimp & Chickpeas



Spicy Lemon Shrimp



Smoky Pork & Za'atar Yogurt



Southern-Spiced Pork



**FINISHING INGREDIENTS**  
Sliced Roasted Red Peppers, Roasted Sunflower Seeds, Parsley, Sliced Roasted Almonds, Mint, Feta Cheese, Pickled Peppadew Peppers, Roasted Peanuts

## Seared Shrimp & Chickpeas

with Raisin Romesco Sauce

- Makes 2 servings:**
- Roughly chop the **roasted peppers**.
  - Heat the **finished shrimp and chickpeas** in the microwave 1 to 2 minutes, or until heated through.
  - Garnish each serving with the **raisin romesco sauce**, **chopped peppers**, and **sunflower seeds**.

## Spicy Lemon Shrimp

with Sautéed Vegetables & Parsley

- Makes 2 servings:**
- Wash and dry the **parsley**; roughly chop the leaves and stems.
  - Heat the **finished shrimp and vegetables** in the microwave 1 to 2 minutes, or until heated through.
  - Garnish each serving with the **spicy lemon sauce**, **chopped parsley**, and **almonds**.

## Smoky Pork & Za'atar Yogurt

with Chickpeas, Feta & Mint

- Makes 2 servings:**
- Wash and dry the **mint**; pick the leaves off the stems.
  - Heat the **finished pork and chickpeas** in the microwave 1 to 2 minutes, or until heated through.
  - Garnish each serving with the **za'atar yogurt**, **mint leaves** (tearing just before adding) and **feta** (crumbling before adding).

## Southern-Spiced Pork

with Vegetables & Spicy Ranch

- Makes 2 servings:**
- Roughly chop the **pickled peppers** and **peanuts**.
  - Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
  - Garnish each serving with the **spicy ranch** and **chopped peppers and peanuts**.

**WW Member?** Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoints value per teaspoon) to coat your pan before heating.

**SEARED SHRIMP & CHICKPEAS**

SmartPoints® value per serving (as packaged)



**SPICY LEMON SHRIMP**

SmartPoints® value per serving (as packaged)



**SMOKY PORK & ZA'ATAR YOGURT**

SmartPoints® value per serving (as packaged)



**SOUTHERN-SPICED PORK**

SmartPoints® value per serving (as packaged)



To learn more about WW and SmartPoints visit [ww.com](http://ww.com). The WW logo, and SmartPoints are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

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



080921, MP03