



Oregano-Roasted Salmon

Sesame-Soy Glazed Salmon

Honey-Peanut Chicken

Spanish Chicken & Veggie Pasta



MEAL PREP Recipe Bundle

Salmon & Chicken

2 servings of each:

Oregano-Roasted Salmon
with Veggie Pasta & Spicy Mascarpone

Sesame-Soy Glazed Salmon
with Rice & Sautéed Vegetables

Spanish Chicken & Veggie Pasta
with Date-Romesco Sauce

Honey-Peanut Chicken
with Rice & Togarashi 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 salmon 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, Strainer,
Wooden Spoon, 1 Medium Pot, 2 Sheet Pans,
1 Large Nonstick Pan

Main Cooking Ingredients

For All Recipes

4
Skin-On Salmon
Fillets4
Boneless,
Skinless Chicken
Breasts½ lb
Orzo Pasta1 cup
Long Grain
White Rice½ lb
Grape Tomatoes2
Zucchini½ lb
Snow Peas1
Red Onion2
Bell Peppers5 oz
Baby Spinach3 Tbsp
Asian-Style
Sautéed
Aromatics½ cup
Salsa Verde1 tsp
Whole Dried
Oregano1 Tbsp
Spanish Spice
Blend¹1 Tbsp
Togarashi
Seasoning²

Sauce Ingredients

Oregano-Roasted Salmon with Veggie Pasta & Spicy Mascarpone

2 Tbsp
Mascarpone
Cheese1 ½ tps
Calabrian Chile
Paste

Sesame-Soy Glazed Salmon with Rice & Sautéed Vegetables

2 Tbsp
Soy Glaze1 Tbsp
Sesame Oil1 Tbsp
Rice Vinegar

Spanish Chicken & Veggie Pasta with Date-Romesco Sauce

3 Tbsp
Romesco Sauce³2 tps
Date Syrup

Honey-Peanut Chicken with Rice & Togarashi Vegetables

1 Tbsp
Smooth Peanut
Butter Spread1 Tbsp
Honey1 Tbsp
Soy Sauce

Finishing Touches

Oregano-Roasted Salmon with Veggie Pasta & Spicy Mascarpone

2 Tbsp
Roasted
Pistachios

Sesame-Soy Glazed Salmon with Rice & Sautéed Vegetables

3 Tbsp
Roasted
Cashews1 tsp
Black & White
Sesame Seeds

Spanish Chicken & Veggie Pasta with Date-Romesco Sauce

1 bunch
Parsley2 Tbsp
Sliced Roasted
Almonds

Honey-Peanut Chicken with Rice & Togarashi Vegetables

3 Tbsp
Roasted Peanuts

1. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon
 2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
 3. contains almonds



MAIN COOKING INGREDIENTS

Chicken Breasts, Skin-On Salmon Fillets, Long Grain White Rice, Asian-Style Sautéed Aromatics, Spanish Spice Blend, Whole Dried Oregano, Snow Peas, Grape Tomatoes, Zucchini, Red Onion, Bell Peppers, Orzo Pasta, Baby Spinach, Salsa Verde, Togarashi Seasoning



Cook & finish the rice

- Preheat the oven to 450°F.
- 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. Transfer to a large bowl; add the **sautéed aromatics** and stir until combined. Rinse and wipe out the pot.
- Fill the same pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.



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 **Spanish spice blend** to coat. Season the **remaining chicken breasts** with salt and pepper on both sides. Transfer to one sheet pan.
- Roast 18 to 20 minutes, or until browned and cooked through.* Transfer to a cutting board.
- When cool enough to handle, slice crosswise.



Roast the fish

- Meanwhile, pat the **fish** dry with paper towels. Season **2 fish fillets** on both sides with salt, pepper, and enough of the **oregano** to coat. Season the **remaining fish fillets** with salt and pepper on both sides. Transfer to the remaining sheet pan, 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 165°F for chicken and 145°F for fish.



Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Halve the **snow peas** crosswise.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.



Cook & finish the pasta

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 6 minutes.
- Add the **halved peas**. Continue to cook, stirring occasionally, 1 to 3 minutes, or until the pasta is tender and the peas are bright green.
- Turn off the heat. Drain thoroughly and transfer to a large bowl.
- Add the **spinach**, **salsa verde**, and **seasoned tomatoes**; stir until thoroughly combined and the spinach is wilted. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced onion** and **sliced peppers**; season with salt, pepper, and the **togarashi**. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.

Make the Sauces



INGREDIENTS FOR SAUCES

Mascarpone Cheese, Calabrian Chile Paste, Soy Glaze, Sesame Oil, Rice Vinegar, Romesco Sauce, Date Syrup, Smooth Peanut Butter Spread, Honey, Soy Sauce

Spicy Mascarpone

Combine the **mascarpone**, **2 teaspoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.

Sesame-Soy Glaze

Combine the **soy glaze**, **sesame oil**, and **vinegar**.

Date-Romesco Sauce

Combine the **romesco sauce** and **date syrup**. Season with salt and pepper.

Honey-Peanut Sauce

Combine the **peanut butter spread**, **honey** (kneading the packet before opening), **soy sauce**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers

Oregano-Roasted Salmon

with Veggie Pasta & Spicy Mascarpone

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **finished pasta**
- 1 **oregano-roasted fish fillet**

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

Sesame-Soy Glazed Salmon

with Rice & Sautéed Veggies

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **finished rice**
- ¼ **cooked vegetables**
- 1 **plain roasted fish fillet**

Transfer the **sesame-soy glaze** to 2 small containers.

Spanish Chicken & Veggie Pasta

with Date-Romesco Sauce

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **finished pasta**
- 1 **sliced Spanish-spiced chicken breast**

Transfer the **date-romesco sauce** to 2 small containers.

Honey-Peanut Chicken

with Rice & Togarashi Vegetables

Makes 2 servings:

For each serving, in a large container combine:

- ¼ **finished rice**
- ¼ **cooked vegetables**
- 1 **sliced plain chicken breast**

Transfer the **honey-peanut sauce** to 2 small containers.

Oregano-Roasted
SalmonSesame-Soy
Glazed SalmonSpanish Chicken &
Veggie PastaHoney-Peanut
Chicken

FINISHING INGREDIENTS

Roasted Pistachios, Roasted Cashews, Black & White Sesame Seeds, Parsley,
Sliced Roasted Almonds, Roasted Peanuts

Oregano-Roasted Salmon

with Veggie Pasta &
Spicy Mascarpone

Makes 2 servings:

- Roughly chop the **pistachios**.
- Heat the **finished fish and pasta** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy mascarpone** and **chopped pistachios**.

Sesame-Soy Glazed Salmon

with Rice & Sautéed Veggies

Makes 2 servings:

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

Spanish Chicken & Veggie Pasta

with Date-Romesco Sauce

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Heat the **finished chicken and pasta** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **date-romesco sauce**, **almonds**, and **chopped parsley**.

Honey-Peanut Chicken

with Rice & Togarashi Vegetables

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished chicken, rice, and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **honey-peanut sauce** and **chopped peanuts**.

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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