



Honey Mustard
Steak



Steaks & Creamy
Salsa Verde



Oregano Chicken &
Potato Salad



Creamy BBQ Chicken



MEAL PREP Recipe Bundle

Steak & Chicken

2 servings of each:

Honey Mustard Steak
with Pesto Peppers & Potato Salad

**Steaks & Creamy
Salsa Verde**
with Grilled Veggies & Crispy Onions

**Oregano Chicken &
Potato Salad**
with Marinated Feta & Pistachios

Creamy BBQ Chicken
with Green Beans, Zucchini &
Pickled Peppers

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



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

Grill, Knife, Cutting Board, Mixing Bowls, Tongs

Main Cooking Ingredients

For All Recipes

4
Steaks4
Boneless,
Skinless Chicken
Breasts1 ¼ lbs
Golden Potatoes2
Bell Peppers1
Red Onion1
Shallot6 oz
Green Beans½ lb
Grape Tomatoes2
Zucchini2 cloves
Garlic1 Tbsp
Weeknight Hero
Spice Blend¹1 tsp
Whole Dried
Oregano1 Tbsp
Barbecue Spice
Blend²⅓ cup
Basil Pesto

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

Honey Mustard Steak with Pesto Peppers & Potato Salad

2 Tbsps
Balsamic
Vinegar1 Tbsp
Dijon Mustard1 Tbsp
Honey

Steaks & Creamy Salsa Verde with Grilled Veggies & Crispy Onions

⅓ cup
Salsa Verde¼ cup
Sour Cream

Oregano Chicken & Potato Salad with Marinated Feta & Pistachios

2 Tbsps
Red Wine
Vinegar1 ½ oz
Feta Cheese¼ tsp
Crushed Red
Pepper Flakes

Creamy BBQ Chicken with Green Beans, Zucchini & Pickled Peppers

¼ cup
Barbecue Sauce2 Tbsps
Mayonnaise

Finishing Touches

Honey Mustard Steak with Pesto Peppers & Potato Salad

2 oz
Arugula2 Tbsps
Sliced Roasted
Almonds

Steaks & Creamy Salsa Verde with Grilled Veggies & Crispy Onions

1 oz
Sliced Roasted
Red Peppers⅓ cup
Crispy Onions

Oregano Chicken & Potato Salad with Marinated Feta & Pistachios

2 Tbsps
Roasted
Pistachios2 oz
Arugula

Creamy BBQ Chicken with Green Beans, Zucchini & Pickled Peppers

½ oz
Sweet Drop
Peppers

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
2. Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder & Light Brown Sugar



MAIN COOKING INGREDIENTS

Chicken Breasts, Steaks, Golden Potatoes, Green Beans, Grape Tomatoes, Garlic, Red Onion, Bell Peppers, Shallot, Basil Pesto, Whole Dried Oregano, Barbecue Spice Blend, Weeknight Hero Spice Blend



Prepare the ingredients

- Preheat your grill to maintain a temperature of 450–500°F. Carefully oil the grill grates. Wash and dry the fresh produce for bulk cooking.
- Medium dice the **potatoes**.
- Cut off and discard any stem ends from the **green beans**. Halve the **tomatoes**. Peel **2 cloves of garlic**; roughly chop. Quarter the **zucchini** lengthwise. Peel the **onion**; cut into ½-inch-thick rounds. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds. Peel the **shallot**; halve lengthwise.



Grill & dress the potatoes

- Place a large piece of foil on a work surface. Place the **diced potatoes** on one side of the foil. Add **2 tablespoons of water**. Drizzle with **olive oil** and season with salt and pepper; toss to combine. Fold the foil in half over the potatoes. Fold the three open edges inwards to completely seal the packet.
- Grill 14 to 16 minutes, or until the water has cooked off and the potatoes are tender when pierced with a fork. Remove from the grill and carefully open the foil packet. Transfer to a large bowl. Add the **pesto**; season with salt and pepper. Toss to thoroughly coat. Taste, then season with salt and pepper if desired.



Grill & slice the chicken

- Pat the **chicken** dry with paper towels. Drizzle **2 chicken breasts** with **olive oil** and season on both sides with salt, pepper, and the **oregano**. Drizzle the **remaining chicken breasts** with **olive oil** and season on both sides with salt, pepper, and enough of the **barbecue 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.

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

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Grill & slice the steaks

- Pat the **steaks** dry with paper towels. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero 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.



Grill the green beans & tomatoes

- Place a large piece of foil on a work surface.
- Place the **green beans**, **halved tomatoes**, and **chopped garlic** on one side of the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Add **2 tablespoons of water**. Fold the foil in half over the vegetables. Fold the three open edges inwards to completely seal the packet.
- Grill 6 to 8 minutes, or until the green beans are tender.
- Remove from the grill and carefully open the foil packet; transfer to a large bowl.



Grill the remaining vegetables

- Place the **quartered zucchini**, **onion rounds**, **halved bell peppers**, and **halved shallot** in a large bowl. Drizzle with **olive oil** and season with salt and pepper. Turn to coat.
- Grill the **seasoned zucchini and onion rounds** 3 to 5 minutes per side, or until charred and softened.
- Grill the **seasoned bell peppers and shallot**, turning occasionally, 5 to 7 minutes, or until charred and softened.
- Transfer to a cutting board.

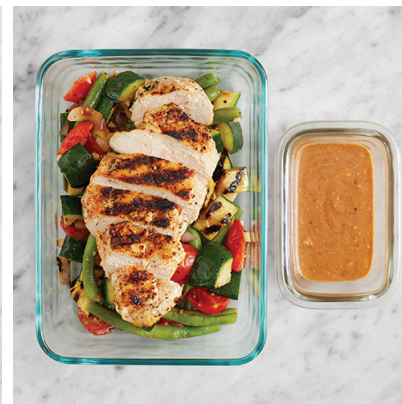
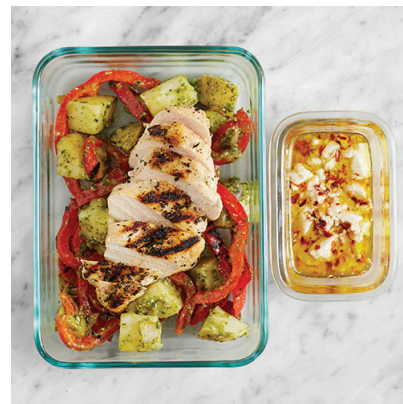
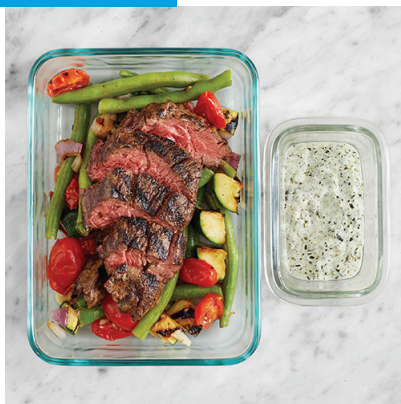


Finish the vegetables & potato salad

- Medium dice the **grilled zucchini**.
- Roughly chop the **grilled onion**.
- Roughly chop the **grilled shallot**.
- Thinly slice the **grilled bell peppers**.
- Transfer the **diced zucchini** and **chopped onion** to the bowl of **grilled green beans and tomatoes**. Season with salt and pepper; stir to combine.
- Transfer the **sliced bell peppers** and **chopped shallot** to bowl of **dressed potatoes**. Drizzle with **olive oil** and season with salt and pepper; stir to combine.

*The USDA recommends a minimum safe cooking temperature of 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.

Make the Sauces



INGREDIENTS FOR SAUCES

Balsamic Vinegar, Dijon Mustard, Honey, Salsa Verde, Sour Cream, Red Wine Vinegar, Feta Cheese, Crushed Red Pepper Flakes, Barbecue Sauce, Mayonnaise

Honey Mustard Sauce

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

Creamy Salsa Verde

- Combine the **salsa verde** and **sour cream**; season with salt and pepper.

Marinated Feta

- Combine the **red wine vinegar, cheese** (crumbling before adding), **1 tablespoon of olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.

Creamy BBQ Sauce

- Combine the **barbecue sauce** and **mayonnaise**; taste, then season with salt and pepper if desired.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers

Honey Mustard Steak

with Pesto Peppers & Potato Salad

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished potato salad**
- **1 sliced steak**

Transfer the **honey mustard sauce** to 2 small containers.

Steaks & Creamy Salsa Verde

with Grilled Veggies & Crispy Onions

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished vegetables**
- **1 sliced steak**

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

Oregano Chicken & Potato Salad

with Marinated Feta & Pistachios

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished potato salad**
- **1 sliced oregano chicken breast**

Transfer the **marinated feta** to 2 small containers.

Creamy BBQ Chicken

with Green Beans, Zucchini & Pickled Peppers

Makes 2 servings:

For each serving, in a large container combine:

- **¼ finished vegetables**
- **1 sliced barbecue-spiced chicken breast**

Transfer the **creamy BBQ sauce** to 2 small containers.

Honey Mustard Steak



Steaks & Creamy Salsa Verde



Oregano Chicken & Potato Salad



Creamy BBQ Chicken



FINISHING INGREDIENTS

Arugula, Sliced Roasted Almonds, Sliced Roasted Red Peppers, Crispy Onions, Roasted Pistachios, Sweet Drop Peppers

Honey Mustard Steak

with Pesto Peppers & Potato Salad

Makes 2 servings:

- Wash and dry **half the arugula**.
- Top the arugula with the **finished steak and potato salad**.
- Garnish each serving with the **honey mustard sauce** and **almonds**.

Steaks & Creamy Salsa Verde

with Grilled Veggies & Crispy Onions

Makes 2 servings:

- Roughly chop the **roasted red peppers**.
- Heat the **finished steak and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy salsa verde**, **chopped red peppers**, and **crispy onions**.

Oregano Chicken & Potato Salad

with Marinated Feta & Pistachios

Makes 2 servings:

- Wash and dry the **remaining arugula**.
- Roughly chop the **pistachios**.
- Top the arugula with the **finished chicken and potato salad**.
- Garnish each serving with the **marinated feta** and **chopped pistachios**.

Creamy BBQ Chicken

with Green Beans, Zucchini & Pickled Peppers

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 **creamy BBQ sauce** and **sweet drop peppers**.

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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