



Oregano-Roasted Trout

Hoisin Turkey Meatballs

Soy-Sambal Trout

Ricotta Turkey Meatballs



MEAL PREP Recipe Bundle



See last page for details

Trout & Turkey

2 servings of each:

Soy-Sambal Trout

with Cashews & Sautéed Veggies

Oregano-Roasted Trout

with Veggie Farro & Honey Mustard

Ricotta Turkey Meatballs

with Farro & Spicy Tzatziki

Hoisin Turkey Meatballs

with Togarashi Veggies & Sesame Seeds

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 fish 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, Wooden Spoon, 2 Sheet Pans, 1 Medium Pot, Strainer, 1 Large Nonstick Pan

Main Cooking Ingredients

For All Recipes

18 oz
Ground Turkey4
Skin-On
Steelhead Trout
Fillets2
Yellow Onions¾ lb
Green Beans1 piece
Ginger¾ lb
Carrots1 lb
Broccoli½ lb
Sweet Peppers1 ½ Tbsps
Golden Raisins1 cup
Semi-Pearled
Farro¼ cup
Panko
Breadcrumbs½ cup
Part-Skim
Ricotta Cheese2 Tbsps
Red Wine
Vinegar1 Tbsp
Togarashi
Seasoning¹1 Tbsp
Weeknight Hero
Spice Blend²1 tsp
Whole Dried
Oregano

Sauce Ingredients

Soy-Sambal Trout with Cashews & Sautéed Veggies

1 Tbsp
Soy Sauce1 Tbsp
Sesame Oil1 Tbsp
Sambal Oelek

Oregano-Roasted Trout with Veggie Farro & Honey Mustard

1 Tbsp
Dijon Mustard2 Tbsps
Apple Cider
Vinegar1 Tbsp
Honey

Hoisin Turkey Meatballs with Togarashi Veggies & Sesame Seeds

2 Tbsps
Hoisin Sauce1 Tbsp
Rice Vinegar

Ricotta Turkey Meatballs with Farro & Spicy Tzatziki

½ cup Tzatziki³¼ tsp
Crushed Red
Pepper Flakes

Finishing Touches

Soy-Sambal Trout with Cashews & Sautéed Veggies

3 Tbsps
Roasted
Cashews

Oregano-Roasted Trout with Veggie Farro & Honey Mustard

1 bunch
Parsley2 Tbsps
Roasted
Pistachios

Hoisin Turkey Meatballs with Togarashi Veggies & Sesame Seeds

3 Tbsps
Roasted Peanuts1 tsp
Black & White
Sesame Seeds

Ricotta Turkey Meatballs with Farro & Spicy Tzatziki

1 bunch
Mint2 Tbsps
Sliced Roasted
Almonds

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
 2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
 3. cucumber-yogurt Sauce



MAIN COOKING INGREDIENTS

Ground Turkey, Steelhead Trout Fillets, Panko Breadcrumbs, Part-Skim Ricotta Cheese, Weeknight Hero Spice Blend, Whole Dried Oregano, Semi-Pearled Farro, Sweet Peppers, Broccoli, Yellow Onions, Carrots, Green Beans, Ginger, Golden Raisins, Red Wine Vinegar, Togarashi Seasoning



Form & bake the meatballs

- Preheat the oven to 450°F. Line two sheet pans with foil.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- 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. Reserving the sheet pan, transfer to a plate. Discard the foil.



Roast the fish

- Meanwhile, pat the **fish** dry with paper towels; season on both sides with salt and pepper. Evenly coat **2 fish fillets** on both sides with the **oregano**.
- Transfer to the remaining sheet pan, skin side down. Arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and cooked through.*
- Remove from the oven.



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

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise. Cut off and discard the bottom ½ inch of the **broccoli** stem; cut into small florets.
- Halve and peel the **onions**. Thinly slice one onion. Cut the remaining onion into 1-inch-wide wedges. Peel the **carrots**; thinly slice on an angle. Cut off and discard any stem ends from the **green beans**. Peel the **ginger**; finely chop to get to get 1 tablespoon (you may have extra).

Ingredient updates mean this step may look different for you.



Roast the vegetables & finish the farro

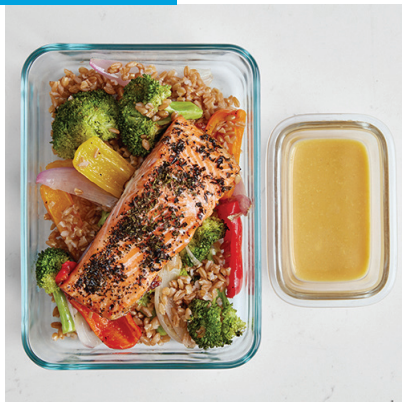
- Line the reserved sheet pan with foil.
- Transfer the **quartered peppers**, **onion wedges**, and **broccoli florets** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to the pot of **cooked farro**; add the **raisins**, **red wine vinegar**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced onion** and **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **green beans**, **chopped ginger**, and **togarashi**. Season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Turn off the heat.

Make the Sauces



INGREDIENTS FOR SAUCES

Soy Sauce, Sesame Oil, Sambal Oelek, Dijon Mustard, Apple Cider Vinegar, Honey, Hoisin Sauce, Rice Vinegar, Tzatziki, Crushed Red Pepper Flakes

Soy-Sambal Sauce

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

Honey Mustard

- Combine the **mustard**, **apple cider vinegar**, and **honey** (kneading the packet before opening). Season with salt and pepper.

Hoisin Sauce

- Combine the **hoisin sauce** and **rice vinegar**.

Spicy Tzatziki

- Combine the **tzatziki** 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.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers

Soy-Sambal Trout

with Cashews & Sautéed Veggies

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **soy-sambal sauce** to 2 small containers.

Oregano-Roasted Trout

with Veggie Farro & Honey Mustard

Makes 2 servings:

For each serving, in a large container combine:

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

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

Hoisin Turkey Meatballs

with Togarashi Veggies & Sesame Seeds

Makes 2 servings:

For each serving, in a large container combine:

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

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

Ricotta Turkey Meatballs

with Farro & Spicy Tzatziki

Makes 2 servings:

For each serving, in a large container combine:

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

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

Soy-Sambal Trout



Oregano-Roasted Trout



Hoisin Turkey Meatballs



Ricotta Turkey Meatballs



FINISHING INGREDIENTS

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

Soy-Sambal Trout

with Cashews & Sautéed Veggies

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 **soy-sambal sauce** and **chopped cashews**.

Oregano-Roasted Trout

with Veggie Farro & Honey Mustard

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Roughly chop the **pistachios**.
- Heat the **finished fish and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **honey mustard**, **chopped parsley**, and **chopped pistachios**.

Hoisin Turkey Meatballs

with Togarashi Veggies & Sesame Seeds

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 sauce**, **chopped peanuts**, and **sesame seeds**.

Ricotta Turkey Meatballs

with Farro & Spicy Tzatziki

Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Heat the **finished meatballs and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy tzatziki**, **almonds**, and **mint leaves** (tearing just before adding).

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SOY-SAMBAL TROUT



9 5 5

SmartPoints® value
per serving (as packaged)



6 44216 08875 1

OREGANO-ROASTED TROUT



13 9 4

SmartPoints® value
per serving (as packaged)



6 44216 08885 0

HOISIN TURKEY MEATBALLS



10 10 10

SmartPoints® value
per serving (as packaged)



6 44216 08895 9

RICOTTA TURKEY MEATBALLS



15 15 10

SmartPoints® value
per serving (as packaged)



6 44216 08905 5

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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.
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