



Smoky Salmon & Veggie Quinoa

Creamy Romesco Chicken

Hot Honey-Lime Salmon

Sautéed Chicken & Vegetables



MEAL PREP Recipe Bundle



See last page for details

Chicken & Salmon

2 servings of each:

Hot Honey-Lime Salmon
with Corn, Green Beans & Tomatoes

Smoky Salmon & Veggie Quinoa
with Spicy Green Goddess Dressing

Sautéed Chicken & Vegetables
with Guacamole Ranch

Creamy Romesco Chicken
with Roasted Veggie Quinoa & Almonds

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



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

Main Cooking Ingredients

For All Recipes

4
Skin-On Salmon
Fillets18 oz
Chopped
Chicken Breast $\frac{1}{2}$ cup
Tricolor Quinoa $\frac{1}{2}$ lb
Brussels Sprouts $\frac{1}{2}$ lb
Sweet Peppers1
Red Onion4 ears of
Corn $\frac{3}{4}$ lb
Green Beans2 cloves
Garlic1 oz
Dried Medjool
Dates1
Lemon $\frac{1}{2}$ lb
Grape Tomatoes1 Tbsp
Smoky Spice
Blend¹1 Tbsp
Weeknight Hero
Spice Blend²

Sauce Ingredients

Smoky Salmon & Veggie Quinoa with Spicy Green Goddess Dressing

3 Tbsps
Green Goddess
Dressing $\frac{1}{4}$ tsp
Crushed Red
Pepper Flakes

Hot Honey-Lime Salmon with Corn, Green Beans & Tomatoes

1
Lime1 Tbsp
Hot Sauce1 Tbsp
Honey

Creamy Romesco Chicken with Roasted Veggie Quinoa & Almonds

 $\frac{1}{4}$ cup
Labneh Cheese3 Tbsps
Romesco Sauce³

Sautéed Chicken & Vegetables with Guacamole Ranch

 $\frac{1}{4}$ cup
Guacamole3 Tbsps
Ranch Dressing

Finishing Touches

Smoky Salmon & Veggie Quinoa with Spicy Green Goddess

1 oz
Balsamic-Marinated
Cipolline Onions2 Tbsps
Roasted
Sunflower Seeds

Hot Honey-Lime Salmon with Corn, Green Beans & Tomatoes

 $\frac{1}{2}$ oz
Sweet Drop
Peppers1 bunch
Chives

Creamy Romesco Chicken with Roasted Veggie Quinoa & Almonds

1 bunch
Parsley2 Tbsps
Sliced Roasted
Almonds

Sautéed Chicken & Vegetables with Guacamole Ranch

2 Tbsps
Raw Pepitas1 tsp
Everything Bagel
Seasoning⁴

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

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

3. contains almonds

4. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt



MAIN COOKING INGREDIENTS

Skin-On Salmon Fillets, Chopped Chicken Breast, Smoky Spice Blend, Tricolor Quinoa, Brussels Sprouts, Red Onion, Sweet Peppers, Dried Medjool Dates, Lime, Corn, Green Beans, Garlic, Grape Tomatoes, Weeknight Hero Spice Blend



Roast the fish

- 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.
- Pat the **fish** dry with paper towels. Transfer to one sheet pan. Drizzle with **olive oil** and turn to coat. Season on both sides with salt, pepper, and the **smoky spice blend**. Arrange in an even layer, skin side down.
- Roast 15 to 17 minutes, or until lightly browned and cooked through.* Remove from the oven.



Cook the quinoa

- Meanwhile, add the **quinoa** to the pot of boiling water and cook, uncovered, 20 to 22 minutes, or until tender.
- Turn off the heat.
- Drain thoroughly and return to the pot. Add a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.



Prepare the ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Halve and peel the **red onion**; cut into $\frac{1}{2}$ -inch-wide wedges, separating the layers. Cut off and discard the stems of the **sweet peppers**; remove the cores, then quarter lengthwise. Pit and roughly chop the **dates**. Quarter the **lime**. Remove any husks and silks from the **corn**; cut the kernels off the cobs. Cut off and discard any stem ends from the **green beans**. Peel and roughly chop **2 cloves of garlic**. Halve the **tomatoes**.

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

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Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **weeknight hero spice blend**; toss 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 chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



Roast the vegetables & finish the quinoa

- Transfer the **halved brussels sprouts**, **onion wedges**, and **quartered peppers** 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 lightly browned and tender when pierced with a fork.
- Remove from the oven.
- Transfer to the pot of **cooked quinoa**; add the **chopped dates**, the **juice of 2 lime wedges** (reserving the remaining 2 wedges for the sauce), and a drizzle of **olive oil**. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** and **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).
- Add the **chopped garlic** and **halved tomatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Turn off the heat.

Make the Sauces



INGREDIENTS FOR SAUCES

Green Goddess Dressing, Crushed Red Pepper Flakes, Honey, Hot Sauce, Romesco Sauce, Labneh Cheese, Guacamole, Ranch Dressing

Spicy Green Goddess Dressing

- Combine the **green goddess 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.

Hot Honey-Lime Sauce

- Combine the **honey** (kneading the packet before opening), **the juice of the remaining lime wedges**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

Creamy Romesco Sauce

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

Guacamole Ranch

- Combine the **guacamole**, **ranch dressing**, and **2 teaspoons of water**. Season with salt and pepper.

Assemble + Store



STORAGE YOU'LL NEED

8 large containers, 8 small containers

Smoky Salmon & Veggie Quinoa

with Spicy Green Goddess Dressing

Makes 2 servings:

For each serving, in a large container combine:

- **1/4 finished quinoa**
- **1 roasted fish fillet**

Transfer the **spicy green goddess dressing** to 2 small containers.

Hot Honey-Lime Salmon

with Corn, Green Beans & Tomatoes

Makes 2 servings:

For each serving, in a large container combine:

- **1/4 cooked vegetables**
- **1 roasted fish fillet**

Transfer the **hot honey-lime sauce** to 2 small containers.

Creamy Romesco Chicken

with Roasted Veggie Quinoa & Almonds

Makes 2 servings:

For each serving, in a large container combine:

- **1/4 finished quinoa**
- **1/4 cooked chicken**

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

Sautéed Chicken & Vegetables

with Guacamole Ranch

Makes 2 servings:

For each serving, in a large container combine:

- **1/4 cooked vegetables**
- **1/4 cooked chicken**

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

Smoky Salmon &
Veggie Quinoa

Hot Honey-Lime Salmon

Creamy Romesco
ChickenSautéed Chicken &
Vegetables

FINISHING INGREDIENTS

Balsamic-Marinated Cipolline Onions, Roasted Sunflower Seeds, Sweetly Drop Peppers, Chives, Parsley, Sliced Roasted Almonds, Raw Pepitas, Everything Bagel Seasoning

Smoky Salmon &
Veggie Quinoa

with Spicy Green Goddess Dressing

Makes 2 servings:

- Roughly chop the **cipolline onions**.
- Heat the **finished fish and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy green goddess dressing**, **chopped onions**, and **sunflower seeds**.

Hot Honey-Lime Salmon

with Corn, Green Beans & Tomatoes

Makes 2 servings:

- Wash and dry the **chives**; thinly slice.
- Heat the **finished fish and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **hot honey-lime sauce**, **sweetly drop peppers**, and **sliced chives**.

Creamy Romesco
Chicken

with Roasted Veggie Quinoa & Almonds

Makes 2 servings:

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

Sautéed Chicken &
Vegetables

with Guacamole Ranch

Makes 2 servings:

- Roughly chop the **pepitas**.
- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **guacamole ranch**, **chopped pepitas**, and **everything bagel seasoning**.

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SMOKY SALMON & VEGGIE QUINOA



15 9 7

SmartPoints® value
per serving (as packaged)



6 44216 08965 9

HOT HONEY-LIME SALMON



12 3 3

SmartPoints® value
per serving (as packaged)



6 44216 08975 8

CREAMY ROMESCO CHICKEN



11 9 6

SmartPoints® value
per serving (as packaged)



6 44216 08985 7

SAUTÉED CHICKEN & VEGETABLES



12 6 6

SmartPoints® value
per serving (as packaged)



6 44216 08995 6

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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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