



Sautéed Shrimp & Veggies

Southern Pork & Vegetables

Tuscan Pork & Farro

Italian Shrimp & Farro



MEAL PREP Recipe Bundle



See last page for details

Shrimp & Pork

2 servings of each:

Sautéed Shrimp & Veggies
with Za'atar Tzatziki

Southern Pork & Vegetables
with Mustard-Caper Sauce

Italian Shrimp & Farro
with Spicy Oregano Ricotta & Roasted Peppers

Tuscan Pork & Farro
with Hot Honey & Olives

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



Serve pork 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, Spatula,
Wooden Spoon, 1 Sheet Pan, 1 Large Nonstick Pan,
1 Medium Pot

Main Cooking Ingredients

For All Recipes

18 oz
Tail-On Shrimp¹4
Boneless,
Center-Cut Pork
Chops1 cup
Semi-Pearled
Farro1 lb
Broccoli1
Red Onion2
Zucchini½ lb
Sweet Peppers6 oz
Green Beans4 cloves
Garlic½ lb
Grape Tomatoes5 oz
Baby Spinach½ cup
Salsa Verde1 Tbsp
Tuscan Spice
Blend²1 Tbsp
Southern Spice
Blend³

Sauce Ingredients

Italian Shrimp & Farro with Spicy Oregano Ricotta & Roasted Peppers

½ cup
Part-Skim
Ricotta Cheese1 tsp
Whole Dried
Oregano¼ tsp
Crushed Red
Pepper Flakes

Sautéed Shrimp & Veggies with Za'atar Tzatziki

½ cup
Tzatziki⁴1 Tbsp
Za'atar
Seasoning⁵

Tuscan Pork & Farro with Hot Honey & Olives

1 Tbsp
Honey1 ½ tps
Calabrian Chile
Paste

Southern Pork & Vegetables with Mustard-Caper Sauce

1 Tbsp
Capers1 Tbsp
Dijonnaise

Finishing Touches

Italian Shrimp & Farro with Spicy Oregano Ricotta & Roasted Peppers

1 oz
Sliced Roasted
Red Peppers

Sautéed Shrimp & Veggies with Za'atar Tzatziki

1 bunch
Mint2 Tbsps
Sliced Roasted
Almonds

Tuscan Pork & Farro with Hot Honey & Olives

1 oz
Castelvetro
Olives2 Tbsps
Roasted
Pistachios

Southern Pork & Vegetables with Mustard-Caper Sauce

1 bunch
Parsley¼ cup
Roasted Walnuts

1. peeled & deveined

2. Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage

3. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

4. cucumber-yogurt sauce

5. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



Cook the shrimp

- Place an oven rack in the center of the oven; preheat to 450°F. Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Peel and roughly chop **4 cloves of garlic**. Pat the **shrimp** dry with paper towels; remove the tails. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **seasoned shrimp** and **half the chopped garlic**. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through. Transfer to a plate. Rinse and wipe out the pan.



Cook & slice the pork

- Pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **Tuscan 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.*
- Transfer to a cutting board and let rest at least 5 minutes. When cool enough to handle, slice crosswise. Wipe out the pan.



Cook the farro & wilt the spinach

- Meanwhile, add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender.
- Turn off the heat.
- Drain thoroughly and return to the pot. Stir in the **spinach** until wilted and combined.

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



Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Halve and peel the **onion**; cut into ½-inch thick wedges, keeping the layers intact. Cut off and discard the bottom ½ inch of the **broccoli** stem; cut into small florets.
- Halve the **zucchini** lengthwise, then thinly slice crosswise. Cut off and discard the stems of the **sweet peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise. Cut off and discard any stem ends from the **green beans**. Halve the **tomatoes**.



Roast the vegetables & finish the farro

- Line a sheet pan with foil.
- Transfer the **onion wedges** and **broccoli florets** to the 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 browned and tender when pierced with a fork.
- Transfer to the pot of **cooked farro and spinach**. Add the **salsa verde**; stir to combine. Taste, then season with salt and pepper if desired.



Cook the remaining vegetables

- Meanwhile, in the same pan used to cook the pork, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **sliced peppers** and **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **halved tomatoes** and **remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes are slightly softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.

**Spicy Oregano Ricotta**

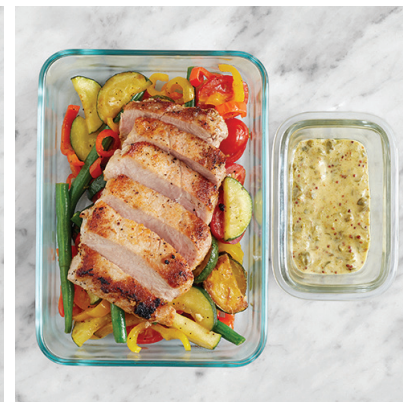
- Combine the **ricotta**, **oregano**, a drizzle of **olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.

**Za'atar Tzatziki**

- Combine the **tzatziki** and **za'atar**. Taste, then season with salt and pepper if desired.

**Hot Honey**

- Combine the **honey** (kneading the packet before opening), a drizzle 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. Taste, then season with salt and pepper if desired.

**Mustard-Caper Sauce**

- Roughly chop the **capers**.
- Combine the **dijonnaise**, **chopped capers**, and a drizzle of **olive oil**. Taste, then season with salt and pepper if desired.

Italian Shrimp & Farro

with Spicy Oregano Ricotta & Roasted Peppers

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- $\frac{1}{4}$ **cooked shrimp**

Transfer the **spicy oregano ricotta** to 2 small containers.

Sautéed Shrimp & Veggies

with Za'atar Tzatziki

Makes 2 servings:

For each serving, in a large container combine:

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

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

Tuscan Pork & Farro

with Hot Honey & Olives

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- 1 **sliced Tuscan-spiced pork chop**

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

Southern Pork & Vegetables

with Mustard-Caper Sauce

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **mustard-caper sauce** to 2 small containers.

Italian Shrimp & Farro



Sautéed Shrimp & Veggies



Tuscan Pork & Farro



Southern Pork & Vegetables

**Italian Shrimp & Farro**

with Spicy Oregano Ricotta & Roasted Peppers

Makes 2 servings:

- Roughly chop the **roasted peppers**.
- Heat the **finished shrimp and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy oregano ricotta** and **chopped peppers**.

Sautéed Shrimp & Veggies

with Za'atar Tzatziki

Makes 2 servings:

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

Tuscan Pork & Farro

with Hot Honey & Olives

Makes 2 servings:

- Pit and roughly chop the **olives**.
- Roughly chop the **pistachios**.
- Heat the **finished pork and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **hot honey**, **chopped olives**, and **chopped pistachios**.

Southern Pork & Vegetables

with Mustard-Caper Sauce

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Roughly chop the **walnuts**.
- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **mustard-caper sauce**, **chopped walnuts**, and **chopped parsley**.

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ITALIAN SHRIMP & FARROSmartPoints® value
per serving (as packaged)

6 44216 09085 3

SAUTÉED SHRIMP & VEGGIESSmartPoints® value
per serving (as packaged)

6 44216 09095 2

TUSCAN PORK & FARROSmartPoints® value
per serving (as packaged)

6 44216 09105 8

SOUTHERN PORK & VEGETABLESSmartPoints® value
per serving (as packaged)

6 44216 09115 7

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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