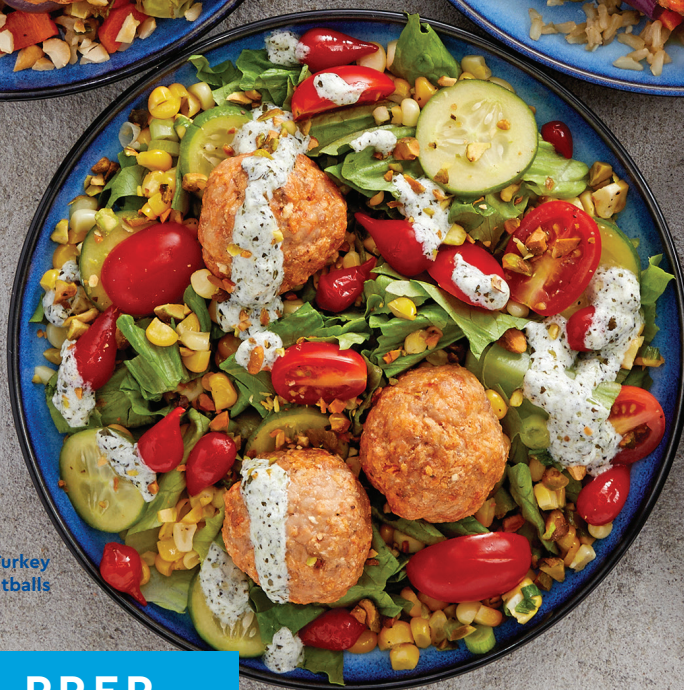




Gochujang Turkey Meatballs



Yuzu Kosho-Honey Trout



Ricotta Turkey Meatballs



Roasted Trout & Corn Salad



## MEAL PREP Recipe Bundle



See last page for details

## Turkey & Trout

2 servings of each:

### Gochujang Turkey Meatballs

with Roasted Vegetable Rice

### Yuzu Kosho-Honey Trout

with Veggie Rice & Sesame Seeds

### Ricotta Turkey Meatballs

over Creamy Salsa Verde Corn Salad

### Roasted Trout & Corn Salad

with Red Pepper Dressing

## 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](https://blueapron.com/wine)



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



Serve trout 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,  
1 Medium Pot, 1 Large Nonstick Pan, Strainer,  
Wooden Spoon

## Main Cooking Ingredients

## For All Recipes

18 oz  
Ground Turkey4  
Skin-On  
Steelhead Trout  
Fillets½ cup  
Brown Rice½ lb  
Brussels Sprouts¾ lb  
Carrots1  
Red Onion2  
Persian  
Cucumbers4 ears of  
Corn½ lb  
Grape Tomatoes1  
Shallot½ cup  
Part-Skim  
Ricotta Cheese¼ cup  
Panko  
Breadcrumbs2 Tbsps  
Red Wine  
Vinegar1 Tbsp  
Soy Sauce1 Tbsp  
Weeknight Hero  
Spice Blend<sup>1</sup>1 Tbsp  
Smoky Spice  
Blend<sup>2</sup>

## Sauce Ingredients

## Yuzu Kosho-Honey Trout with Veggie Rice &amp; Sesame Seeds

2 tsps  
Yuzu Kosho1 Tbsp  
Honey

## Roasted Trout &amp; Corn Salad with Red Pepper Dressing

1 oz  
Sliced Roasted  
Red Peppers3 Tbsps  
Green Goddess  
Dressing

## Gochujang Turkey Meatballs with Roasted Vegetable Rice

2 tsps  
Date Syrup2 tsps  
Gochujang

## Ricotta Turkey Meatballs over Creamy Salsa Verde Corn Salad

⅓ cup  
Salsa Verde½ cup  
Plain Nonfat  
Greek Yogurt

## Finishing Touches

## Yuzu Kosho-Honey Trout with Veggie Rice &amp; Sesame Seeds

1 tsp  
Black & White  
Sesame Seeds

## Roasted Trout &amp; Corn Salad with Red Pepper Dressing

1 head  
Green or Red  
Leaf Lettuce2 Tbsps  
Raw Pepitas

## Gochujang Turkey Meatballs with Roasted Vegetable Rice

3 Tbsps  
Roasted Peanuts

## Ricotta Turkey Meatballs over Creamy Salsa Verde Corn Salad

2 Tbsps  
Roasted  
Pistachios½ oz  
Sweet Drop  
Peppers

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
 2. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



### 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; season on both sides with salt, pepper, and the **weeknight hero spice blend**. Transfer to one sheet pan, skin side down.
- Roast 15 to 17 minutes, or until browned and cooked through.\*
- Transfer to a plate. Discard the foil, then carefully line the sheet pan with a separate piece of foil.



### Form & bake the meatballs

- Meanwhile, in a bowl, combine the **turkey**, **breadcrumbs**, **ricotta**, and **smoky spice blend**. Season with salt and pepper; gently mix to combine. Shape the mixture into 12 tightly packed meatballs.
- Transfer to the remaining sheet pan.
- Bake 15 to 17 minutes, or until browned and cooked through.\*
- Remove from the oven.



### Cook the rice

- Meanwhile, add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish and 165°F for turkey.





### Prepare the remaining ingredients & marinate the vegetables

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Peel the **carrots**; halve lengthwise, then cut crosswise into ½-inch pieces. Halve and peel the **onion**; cut into ½-inch-thick wedges, keeping the layers intact. Peel and finely chop the **shallot**. Remove any husks and silks from the **corn**; cut the kernels off the cobs. Thinly slice the **cucumbers** into rounds. Halve the **tomatoes**.
- In a bowl, combine the **sliced cucumbers**, **halved tomatoes**, and **vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



### Roast the vegetables & finish the rice

- Transfer the **halved brussels sprouts**, **carrot pieces**, and **onion wedges** to the reserved 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 rice**; add the **soy sauce** and stir to combine. Taste, then season with salt and pepper if desired.



### Cook the corn

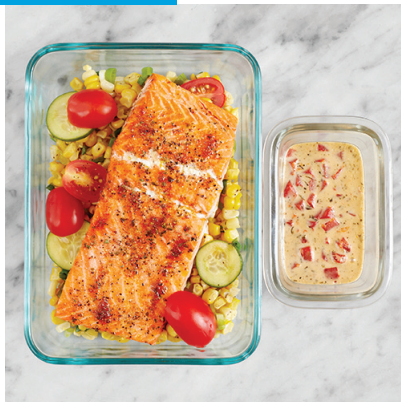
- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped shallot** and **corn kernels**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened (be careful, as the corn may pop as it cooks).
- Turn off the heat. Taste, then season with salt and pepper if desired.



## Make the Sauces

**Yuzu Kosho Honey**

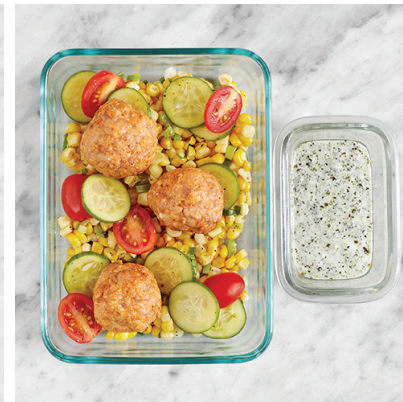
- Combine the **yuzu kosho** and **honey** (kneading the packet before opening). Taste, then season with salt and pepper if desired.

**Red Pepper Dressing**

- Roughly chop the **roasted peppers**.
- Combine the **green goddess dressing** and **chopped peppers**. Taste, then season with salt and pepper if desired.

**Gochujang Sauce**

- Combine the **date syrup** and **as much of the gochujang 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 Salsa Verde**

- Combine the **salsa verde** and **yogurt**. Season with salt and pepper.

## Assemble + Store

**Yuzu Kosho-Honey Trout**  
with Veggie Rice & Sesame Seeds**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **finished vegetable rice**
- **1 roasted fish fillet**

Transfer the **yuzu kosho honey** to 2 small containers.

**Roasted Trout & Corn Salad**  
with Red Pepper Dressing**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **cooked corn**
- $\frac{1}{4}$  **marinated vegetables**
- **1 roasted fish fillet**

Transfer the **red pepper dressing** to 2 small containers.

**Gochujang Turkey Meatballs**  
with Roasted Vegetable Rice**Makes 2 servings:**

For each serving, in a large container combine:

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

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

**Ricotta Turkey Meatballs**  
over Creamy Salsa Verde Corn Salad**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **cooked corn**
- $\frac{1}{4}$  **marinated vegetables**
- **3 baked meatballs**

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





Yuzu Kosho-Honey Trout

Roasted Trout &amp; Corn Salad

Gochujang Turkey Meatballs

Ricotta Turkey Meatballs

**Yuzu Kosho-Honey Trout**

with Veggie Rice &amp; Sesame Seeds

**Makes 2 servings:**

- Heat the **finished fish and vegetable rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **yuzu kosho honey** and **sesame seeds**.

**Roasted Trout & Corn Salad**

with Red Pepper Dressing

**Makes 2 servings:**

- Wash and dry the **lettuce**; roughly chop **half the leaves**.
- Roughly chop the **pepitás**.
- Top the **chopped lettuce** with the **finished fish and vegetables**.
- Garnish each serving with the **red pepper dressing** and **chopped pepitas**.

**Gochujang Turkey Meatballs**

with Roasted Vegetable Rice

**Makes 2 servings:**

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

**Ricotta Turkey Meatballs**

over Creamy Salsa Verde Corn Salad

**Makes 2 servings:**

- Roughly chop the **remaining lettuce**.
- Roughly chop the **pistachios**.
- Top the **chopped lettuce** with the **finished meatballs and vegetables**.
- Garnish each serving with the **creamy salsa verde**, **chopped pistachios**, and **sweetie drop peppers**.

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**YUZU KOSHO-HONEY TROUT**SmartPoints® value  
per serving (as packaged)

6 44216 09195 9

**ROASTED TROUT & CORN SALAD**SmartPoints® value  
per serving (as packaged)

6 44216 09205 5

**GOCHUJANG TURKEY MEATBALLS**SmartPoints® value  
per serving (as packaged)

6 44216 09215 4

**RICOTTA TURKEY MEATBALLS**SmartPoints® value  
per serving (as packaged)

6 44216 09225 3

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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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