



**Creamy Romesco Salmon**



**Salmon & Spicy Tzatziki**



**Oregano Chicken & Corn Salad**



**Chicken & Sweet Potatoes**



## MEAL PREP Recipe Bundle

### Chicken & Salmon

2 servings of each:

**Creamy Romesco Salmon**  
with Corn, Tomatoes & Poblano

**Salmon & Spicy Tzatziki**  
with Cucumber & Cabbage Slaw

**Oregano Chicken & Corn Salad**  
with Currant Pesto & Almonds

**Chicken & Sweet Potatoes**  
with Creamy Relish

### 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](https://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

Grill, Knife, Cutting Board, Mixing Bowls, Tongs

## Main Cooking Ingredients

## For All Recipes

4  
Boneless,  
Skinless Chicken  
Breasts4  
Skin-On Salmon  
Fillets2  
Zucchini2  
Poblano  
Peppers1 ½ lbs  
Sweet Potatoes½ lb  
Red Cabbage2  
Persian  
Cucumbers1  
Red Onion4 ears of  
Corn½ lb  
Grape Tomatoes1 Tbsp  
Red Wine  
Vinegar1 tsp  
Whole Dried  
Oregano1 Tbsp  
Barbecue Spice  
Blend<sup>1</sup>1 Tbsp  
Smoky Spice  
Blend<sup>2</sup>1 Tbsp  
Weeknight Hero  
Spice Blend<sup>3</sup>

## 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

## Creamy Romesco Salmon with Corn, Tomatoes &amp; Poblano

¼ cup  
Labneh Cheese3 Tbsp  
Romesco Sauce<sup>4</sup>

## Salmon &amp; Spicy Tzatziki with Cucumber &amp; Cabbage Slaw

½ cup  
Tzatziki<sup>5</sup>¼ tsp  
Crushed Red  
Pepper Flakes

## Oregano Chicken &amp; Corn Salad with Currant Pesto &amp; Almonds

2 Tbsp  
Dried Currants⅓ cup  
Basil Pesto

## Chicken &amp; Sweet Potatoes with Creamy Relish

¼ cup  
Sour Cream2 Tbsp  
Sweet Pickle  
Relish

## Finishing Touches

## Creamy Romesco Salmon with Corn, Tomatoes &amp; Poblano

1 oz  
Castelvetrano  
Olives1 bunch  
Mint

## Salmon &amp; Spicy Tzatziki with Cucumber &amp; Cabbage Slaw

½ oz  
Sweetie Drop  
Peppers

## Oregano Chicken &amp; Corn Salad with Currant Pesto &amp; Almonds

2 Tbsp  
Sliced Roasted  
Almonds1 ½ oz  
Feta Cheese

## Chicken &amp; Sweet Potatoes with Creamy Relish

1 bunch  
Parsley⅓ cup  
Crispy Onions

1. Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder &amp; Light Brown Sugar

2. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder &amp; Onion Powder

3. Onion Powder, Garlic Powder, Smoked Paprika &amp; Whole Dried Parsley

4. contains almonds

5. cucumber-yogurt sauce





### 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. Remove any husks and silks from the **corn**. Cut the **sweet potatoes** into 1-inch-wide wedges. Halve the **cabbage** lengthwise, keeping the core intact. Quarter the **zucchini** lengthwise. Peel the **onion**; cut crosswise into 1-inch rounds. Halve the **tomatoes**; place in a large bowl. Season with salt and pepper. Thinly slice the **cucumbers** into rounds; place in a separate large bowl. Add the **vinegar** and season with salt and pepper. Stir to combine. Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds. Thoroughly wash your hands, knife, and cutting board immediately after handling.



### Grill & slice the chicken

- Pat the **chicken** dry with paper towels; drizzle with **olive oil**. Season **2 chicken breasts** on both sides with salt, pepper, and the **oregano**. Season the **remaining chicken breasts** 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.



### Assemble the foil packet & grill the fish

- Place a large piece of foil on a work surface.
- Pat the **fish** dry with paper towels; drizzle with **olive oil** and season on both sides with salt, pepper, and the **weeknight hero spice blend**.
- Transfer to one side of the foil. Fold the foil in half over the seasoned fish. Fold the three open edges inwards to completely seal the packet.
- Grill 8 to 10 minutes, or until the fish is cooked through.\* Remove from the grill and carefully open the foil packet.

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





### Grill the corn, cabbage & sweet potatoes

- Place the **prepared corn and cabbage** in a bowl. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- Place the **sweet potato wedges** in a separate bowl. Drizzle with **olive oil** and season with salt, pepper, and the **smoky spice blend**; toss to coat. Grill, turning occasionally, 12 to 14 minutes, or until charred and tender when pierced with a fork. Transfer to a plate.
- Grill the **seasoned corn**, turning occasionally, 9 to 10 minutes, or until charred and tender. Place a piece of foil on the grill; place the **seasoned cabbage** on top of the foil. Grill 7 to 8 minutes per side, or until charred and softened.
- Transfer to a cutting board.



### Grill the remaining vegetables

- Place the **prepared zucchini, onion, and poblano peppers** in a large bowl. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- Grill the **seasoned zucchini** 3 to 5 minutes per side, or until charred and softened. Grill the **seasoned onion rounds** 3 to 4 minutes per side, or until charred and softened. Grill the **seasoned poblano peppers**, turning occasionally, 5 to 7 minutes, or until charred and softened.
- Transfer to a cutting board.



### Make the corn salad & cucumber slaw

- Cut the **grilled corn kernels** off the cobs. Medium dice the **grilled zucchini**. Thinly slice the **grilled poblano peppers**.
- Transfer the **corn kernels, diced zucchini and sliced peppers** to the bowl of **seasoned tomatoes**; stir to combine. Taste, then season with salt and pepper if desired.
- Roughly chop the **grilled onion**. Thinly slice the **grilled cabbage**.
- Transfer the **chopped onion and sliced cabbage** to the bowl of **seasoned cucumbers**; stir to combine. Taste, then season with salt and pepper if desired.



**Creamy Romesco Sauce**

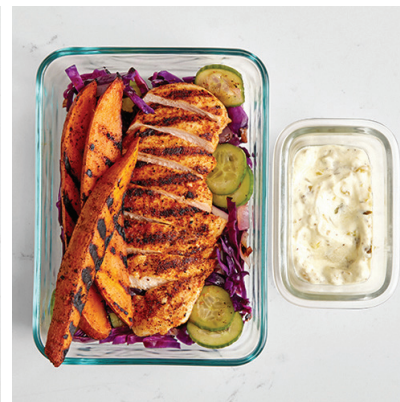
- Combine the **labneh** and **romesco sauce**. Season with salt and pepper.

**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.

**Currant Pesto**

- Combine the **pesto** and **currants**. Taste, then season with salt and pepper if desired.

**Creamy Relish**

- Combine the **sour cream** and **relish**. Taste, then season with salt and pepper if desired.

**Creamy Romesco Salmon**

with Corn, Tomatoes &amp; Poblano

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **corn salad**
- 1 **grilled fish fillet**

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

**Salmon & Spicy Tzatziki**

with Cucumber &amp; Cabbage Slaw

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **cucumber slaw**
- $\frac{1}{4}$  **grilled sweet potato wedges**
- 1 **grilled fish fillet**

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

**Oregano Chicken & Corn Salad**

with Currant Pesto &amp; Almonds

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **corn salad**
- 1 **sliced oregano-seasoned chicken breast**

Transfer the **currant pesto** to 2 small containers.

**Chicken & Sweet Potatoes**

with Creamy Relish

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **cucumber slaw**
- $\frac{1}{4}$  **grilled sweet potato wedges**
- 1 **sliced barbecue-spiced chicken breast**

Transfer the **creamy relish** to 2 small containers.



Creamy Romesco  
Salmon


### Creamy Romesco Salmon

with Corn, Tomatoes & Poblano

#### Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Pit and roughly chop the **olives**.
- Heat the **finished fish and corn salad** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy romesco sauce**, **mint leaves** (tearing just before adding), and **chopped olives**.

1 — 2 — 3 — 4 — 5

⌚ 5 min


 Salmon & Spicy  
Tzatziki

### Salmon & Spicy Tzatziki

with Cucumber & Cabbage Slaw

#### Makes 2 servings:

- Heat the **finished fish and sweet potatoes** in the microwave 1 to 2 minutes, or until heated through.
- Serve with the **slaw** on the side. Garnish each serving with the **spicy tzatziki** and **pickled peppers**.

 Oregano Chicken &  
Corn Salad


### Oregano Chicken & Corn Salad

with Currant Pesto & Almonds

#### Makes 2 servings:

- Heat the **finished chicken and corn salad** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **currant pesto**, **almonds**, and **cheese** (crumbling before adding).


 Chicken & Sweet  
Potatoes

### Chicken & Sweet Potatoes

with Creamy Relish

#### Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Heat the **finished chicken and sweet potatoes** in the microwave 1 to 2 minutes, or until heated through.
- Serve with the **slaw** on the side. Garnish each serving with the **creamy relish**, **crispy onions**, and **chopped parsley**.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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.  
 Blue Apron, LLC, New York, NY 10005



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