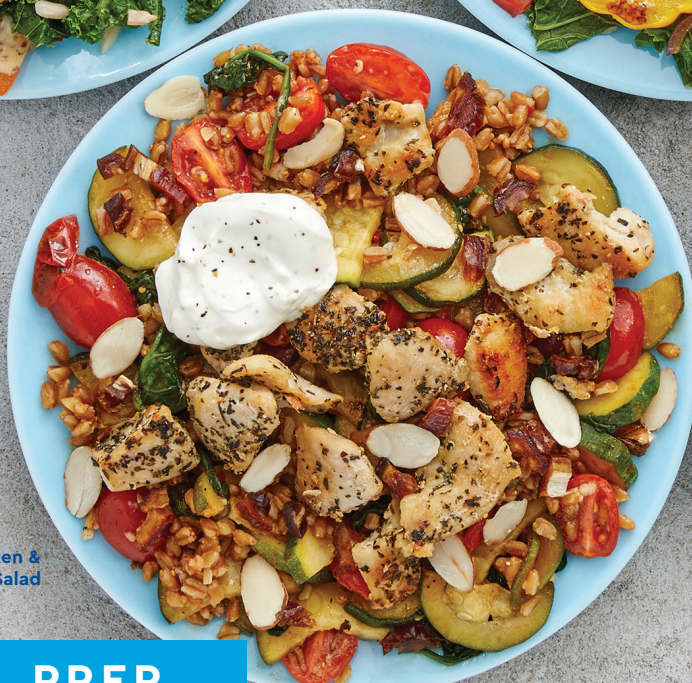




Chicken & Spicy Green Goddess Dressing



Cajun Salmon & Sautéed Veggies



Sautéed Chicken & Farro Salad



Italian Salmon & Veggie Farro



MEAL PREP Recipe Bundle



See last page for details

Chicken & Salmon

2 servings of each:

Chicken & Spicy Green Goddess Dressing
with Kale & Squash

Cajun Salmon & Sautéed Veggies
with Maple-Mustard Sauce

Sautéed Chicken & Farro Salad
with Lemon Labneh & Almonds

Italian Salmon & Veggie Farro
with Currant Pesto

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

Main Cooking Ingredients

For All Recipes

18 oz
Chopped
Chicken Breast4
Skin-On Salmon
Fillets1 cup
Semi-Pearled
Farro2
Zucchini2
Bell Peppers1
Red Onion1
Delicata Squash4 cloves
Garlic½ lb
Grape Tomatoes1 bunch
Kale5 oz
Baby Spinach1 Tbsp
Honey1 ½ tps
Calabrian Chile
Paste2 Tbsps
Red Wine
Vinegar1 Tbsp
Cajun Spice
Blend¹1 Tbsp
Italian
Seasoning²1 tsp
Whole Dried
Oregano

Sauce Ingredients

Cajun Salmon & Sautéed Vegetables with Maple-Mustard Sauce

1 ½ Tbsps
Maple Syrup1 Tbsp
Whole Grain
Dijon Mustard1 Tbsp
Apple Cider
Vinegar

Italian Salmon & Veggie Farro with Currant Pesto

2 Tbsps
Dried Currants¼ cup
Basil Pesto

Chicken & Spicy Green Goddess Dressing with Kale & Squash

3 Tbsps
Green Goddess
Dressing¼ tsp
Crushed Red
Pepper Flakes

Sautéed Chicken & Farro Salad with Lemon Labneh & Almonds

1 tsp
Preserved
Lemon Purée¼ cup
Labneh Cheese

Finishing Touches

Cajun Salmon & Sautéed Vegetables with Maple-Mustard Sauce

½ oz
Pickled Peppadew
Peppers3 Tbsps
Roasted Peanuts

Italian Salmon & Veggie Farro with Currant Pesto

1 bunch
Parsley

Chicken & Spicy Green Goddess Dressing with Kale & Squash

2 Tbsps
Roasted
Sunflower Seeds

Sautéed Chicken & Farro Salad with Lemon Labneh & Almonds

1 oz
Dried Medjool
Dates2 Tbsps
Sliced Roasted
Almonds

1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



Roast the fish

- 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. Line two sheet pans with foil.
- Pat the **fish** dry with paper towels. Season **2 fish fillets** on both sides with salt, pepper, and enough of the **Italian seasoning** to coat. Season the **remaining fish fillets** on both sides with salt, pepper, and enough of the **Cajun spice blend** to coat. Transfer to one of the sheet pans, skin side down. Roast 12 to 15 minutes, or until lightly browned and cooked through.* Remove from the oven.



Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **oregano**; 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.



Cook the farro & wilt the spinach

- Wash and dry the fresh produce for bulk cooking.
- 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. Stir in the **spinach** until wilted and combined.

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



Prepare the remaining ingredients & make the vinaigrette

- Halve the **zucchini** lengthwise, then thinly slice crosswise. Peel and roughly chop **4 cloves of garlic**. Halve the **tomatoes**; place in a bowl and season with salt and pepper. Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Halve, peel, and thinly slice the **onion**. Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- In a bowl, combine the **honey** (kneading the packet before opening), **red wine vinegar**, a drizzle of **olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like it dish to be. Season with salt and pepper.



Prepare & roast the squash

- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the seeds. Cut crosswise into $\frac{1}{4}$ -inch pieces.
- Transfer to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



Cook the zucchini & finish the farro

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add **half the chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the zucchini is softened.
- Transfer to the pot of **cooked farro**. Add the **seasoned tomatoes** and **vinaigrette**. Stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



Cook the remaining vegetables

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped kale** and **remaining chopped garlic**, season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale is slightly wilted.
- Add $\frac{1}{3}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat.



Maple-Mustard Sauce

- Combine the **maple syrup**, **mustard**, and **apple cider vinegar**. Season with salt and pepper.



Currant Pesto

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



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.



Lemon Labneh

- Combine the **lemon purée**, **labneh**, and a drizzle of **olive oil**. Season with salt and pepper.

Cajun Salmon & Sautéed Vegetables

with Maple-Mustard Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted squash**
- $\frac{1}{4}$ **cooked vegetables**
- 1 **roasted Cajun-spiced fish fillet**

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

Italian Salmon & Veggie Farro

with Currant Pesto

Makes 2 servings:

For each serving, in a large container combine:

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

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

Chicken & Spicy Green Goddess Dressing

with Kale & Squash

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted squash**
- $\frac{1}{4}$ **cooked vegetables**
- $\frac{1}{4}$ **cooked chicken**

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

Sautéed Chicken & Farro Salad

with Lemon Labneh & Almonds

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **lemon labneh** to 2 small containers.

Cajun Salmon &
Sautéed VegetablesChicken & Spicy Green
Goddess DressingItalian Salmon &
Veggie FarroSautéed Chicken &
Farro Salad

Cajun Salmon & Sautéed Vegetables

with Maple-Mustard Sauce

Makes 2 servings:

- Roughly chop the **pickled peppers**.
- Roughly chop the **peanuts**.
- Heat the **finished fish and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **maple-mustard sauce**, **chopped peppers**, and **chopped peanuts**.

Italian Salmon & Veggie Farro

with Currant Pesto

Makes 2 servings:

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

Chicken & Spicy Green Goddess Dressing

with Kale & squash

Makes 2 servings:

- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy green goddess dressing** and **sunflower seeds**.

Sautéed Chicken & Farro Salad

with Lemon Labneh & Almonds

Makes 2 servings:

- Pit and roughly chop the **dates**.
- Heat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **lemon labneh**, **chopped dates**, and **almonds**.

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CAJUN SALMON & SAUTÉED VEGETABLES



SmartPoints® value
per serving (as packaged)



6 44216 09265 9

ITALIAN SALMON & VEGGIE FARRO



SmartPoints® value
per serving (as packaged)



6 44216 09275 8

CHICKEN & SPICY GREEN GODDESS



SmartPoints® value
per serving (as packaged)



6 44216 09285 7

SAUTÉED CHICKEN & FARRO SALAD



SmartPoints® value
per serving (as packaged)



6 44216 09295 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.
Blue Apron, LLC, New York, NY 10005



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