



Shrimp Pitas & Marinated Veggies

Togarashi Shrimp

Spicy Sweet Chili Chicken



Chicken Shawarma Pitas



MEAL PREP Recipe Bundle

Chicken & Shrimp

2 servings of each:

Shrimp Pitas & Marinated Veggies
with Lemon Tahini

Togarashi Shrimp
with Yuzu Mayo & Rice

Chicken Shawarma Pitas
with Spicy Tzatziki

Spicy Sweet Chili Chicken
with Veggies, Rice & Coconut Chips

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



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



Serve shrimp 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
containers12 small
containers

TOOLS YOU'LL NEED

Grill, Knife, Cutting Board, Mixing Bowls, Tongs, 1 Medium Pot

Main Cooking Ingredients

For All Recipes

4
Boneless,
Skinless Chicken
Breasts18 oz
Tail-On Shrimp¹1 cup
Long Grain
White Rice1 1/2 lbs
Sweet Potatoes2
Persian
Cucumbers1
Shallot2
Zucchini1
Red Onion1/2 lb
Sweet Peppers1/2 lb
Grape Tomatoes1/3 cup
Asian-Style
Sautéed Aromatics2 Tbsp
Red Wine
Vinegar2 Tbsp
Soy Sauce1 Tbsp
Shawarma Spice
Blend²1 Tbsp
Weeknight Hero
Spice Blend³

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

Togarashi Shrimp with Yuzu Mayo & Rice

2 Tbsp
Mayonnaise1 Tbsp
Yuzu Kosho

Shrimp Pitas & Marinated Veggies with Lemon Tahini

1
Lemon1 Tbsp
Honey2 Tbsp
Tahini

Spicy Sweet Chili Chicken with Veggies, Rice & Coconut Chips

1 Tbsp
Sambal Oelek3 Tbsp
Sweet Chili
Sauce

Chicken Shawarma Pitas with Spicy Tzatziki

1/2 cup
Tzatziki⁴1 Tbsp
Hot Sauce

Finishing Touches

Togarashi Shrimp with Yuzu Mayo & Rice

3 Tbsp
Roasted Peanuts1 Tbsp
Togarashi
Seasoning⁵

Shrimp Pitas & Marinated Veggies with Lemon Tahini

1 oz
Balsamic-Marinated
Cipolline Onions2
Pocketless Pitas

Spicy Sweet Chili Chicken with Veggies, Rice & Coconut Chips

1 oz
Sweetened Toasted
Coconut Chips

Chicken Shawarma Pitas with Spicy Tzatziki

1/2 oz
Pickled Peppadew
Peppers2
Pocketless Pitas

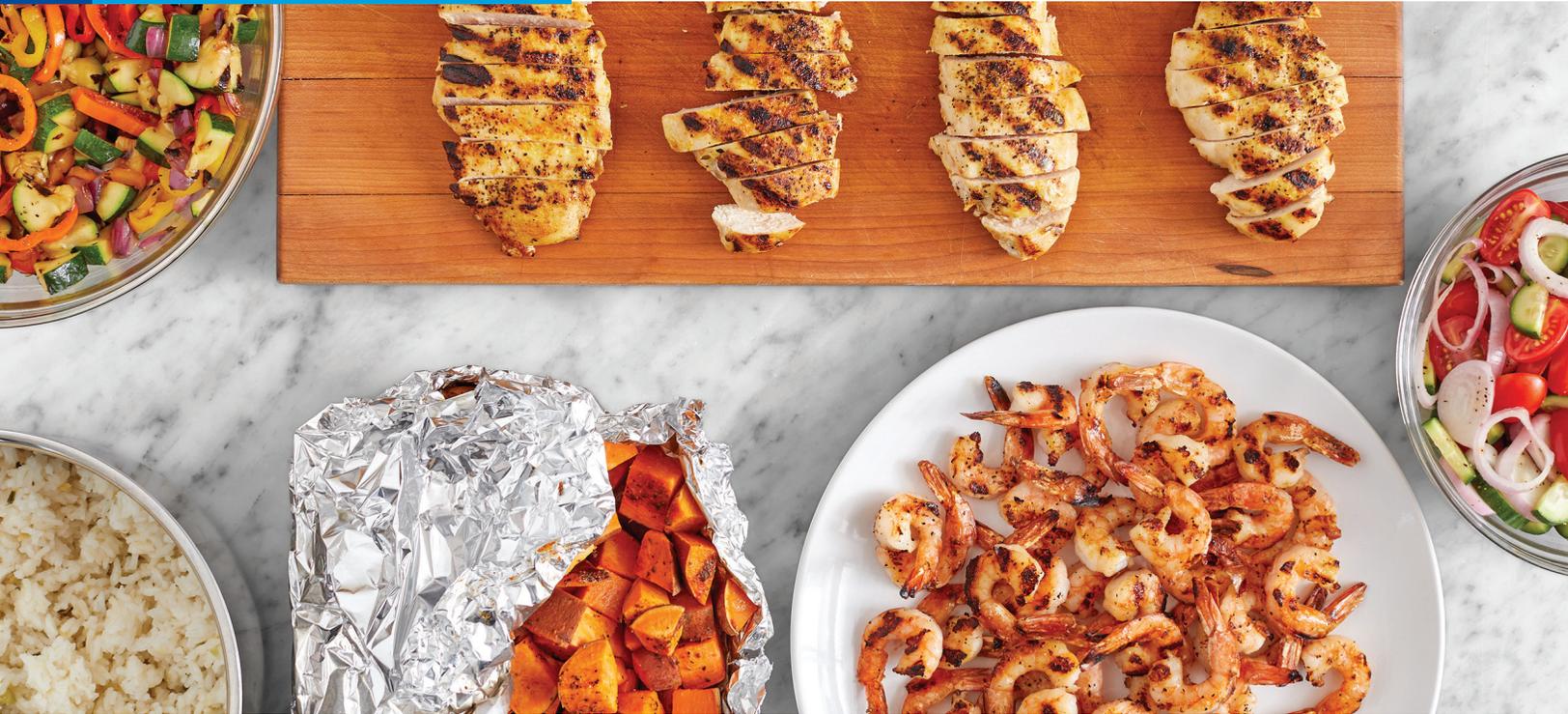
1. peeled & deveined

2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

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

4. cucumber-yogurt sauce

5. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



Cook & finish the rice

- Preheat your grill to maintain a temperature of 450–500°F. Carefully oil the grill grates.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat; fluff with a fork. Add the **sautéed aromatics** and stir to combine.



Prepare the ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Medium dice the **sweet potatoes**. Peel the **onion** and cut crosswise into 1-inch-thick rounds. Quarter the **zucchini** lengthwise. Cut off and discard the stems of the **sweet peppers**; remove the cores.
- Halve the **tomatoes**. Halve the **cucumbers** lengthwise, then thinly slice crosswise. Peel and thinly slice the **shallot**. In a bowl, combine the **halved tomatoes**, **sliced cucumbers**, **sliced shallot**, and **vinegar**. Season with salt and pepper; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.



Assemble the foil packet & grill the sweet potatoes

- Place a large piece of foil on a work surface. Place the **diced sweet potatoes** on one side of the foil. Add **2 tablespoons of water**. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**; toss to combine. Fold the foil in half over the potatoes. Fold the three open edges inwards to completely seal the packet.
- Grill 14 to 16 minutes, or until the water has cooked off and the potatoes are tender when pierced with a fork. Remove from the grill and carefully open the foil packet.



Grill & slice the chicken

- Meanwhile, pat the **chicken** dry with paper towels; drizzle with **olive oil**. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **shawarma spice blend** to coat. Season the **remaining chicken breasts** with salt and pepper on both sides.
- 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.



Grill the shrimp

- Pat the **shrimp** dry with paper towels; place in a bowl. Drizzle with **olive oil** and season with salt and pepper; stir to coat.
- Grill 2 to 3 minutes per side, or until opaque and cooked through.
- Transfer to a plate.



Grill the vegetables

- Place the **onion rounds**, **quartered zucchini**, and **prepared sweet peppers** in a large bowl. Drizzle with **olive oil**; season with salt and pepper. Turn to coat.
- Reserving the bowl, grill the **seasoned onion**, **zucchini**, and **sweet peppers** 3 to 5 minutes per side, or until charred and softened.
- Transfer to a cutting board.



Finish the vegetables

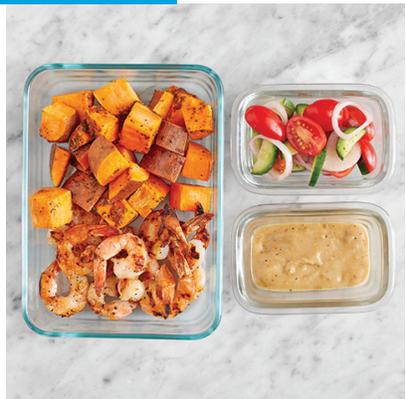
- Roughly chop the **grilled onion**.
- Cut the **grilled zucchini** crosswise into ¼-inch pieces.
- Thinly slice the **grilled sweet peppers** into rings.
- In the reserved bowl, combine the **chopped onion**, **zucchini pieces**, and **sliced sweet peppers**. Add the **soy sauce** and a drizzle of **olive oil**; season with salt and pepper. Toss to combine.

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



Yuzu Mayo

- Combine the **mayonnaise** and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



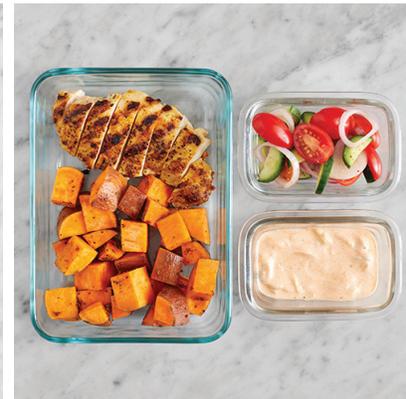
Lemon Tahini

- Wash and dry the **lemon**; halve crosswise.
- Combine the **tahini**, **honey** (kneading the packet before opening), **the juice 1 lemon half** (you will have extra), and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.



Spicy Sweet Chili Sauce

- Combine the **sweet chili sauce** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



Spicy Tzatziki

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

Togarashi Shrimp

with Yuzu Mayo & Rice

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **yuzu mayo** to 2 small containers.

Shrimp Pitas & Marinated Veggies

with Lemon Tahini

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **grilled sweet potatoes**
- $\frac{1}{4}$ **grilled shrimp**

Transfer $\frac{1}{2}$ **marinated vegetables** to 2 small containers.

Transfer the **lemon tahini** to 2 separate small containers.

Spicy Sweet Chili Chicken

with Veggies, Rice & Coconut Chips

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished rice**
- $\frac{1}{4}$ **finished vegetables**
- **1 sliced plain chicken breast**

Transfer the **spicy sweet chili sauce** to 2 small containers.

Chicken Shawarma Pitas

with Spicy Tzatziki

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **grilled sweet potatoes**
- **1 sliced shawarma-spiced chicken breast**

Transfer the **remaining marinated vegetables** to 2 small containers.

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

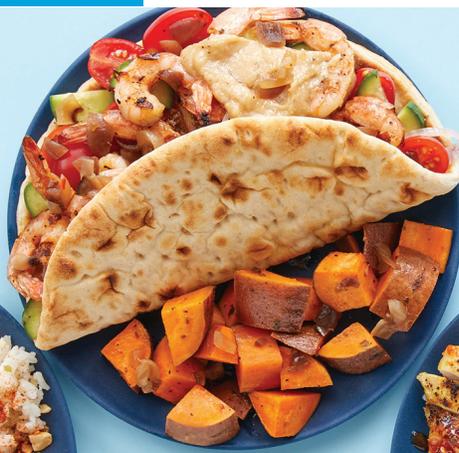
Togarashi Shrimp

**Togarashi Shrimp**

with Yuzu Mayo & Rice

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished shrimp, rice, and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **yuzu mayo, chopped peanuts, and togarashi**.



Shrimp Pitas & Marinated Veggies

Shrimp Pitas & Marinated Veggies

with Lemon Tahini

Makes 2 servings:

- Roughly chop the **cupolline onions**.
- Remove and discard the shrimp tails.
- Heat the **finished shrimp and potatoes** in the microwave 1 to 2 minutes, or until heated through.
- Wrap **2 pitas** in a damp paper towel; microwave 30 seconds to 1 minute, or until warmed.
- Fill each pita with the **shrimp, marinated vegetables, and lemon tahini**.
- Serve with the **sweet potatoes** on the side. Garnish each serving with the **chopped onions**.

Spicy Sweet Chili Chicken

**Spicy Sweet Chili Chicken**

with Veggies, Rice & Coconut Chips

Makes 2 servings:

- Heat the **finished chicken, rice, and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy sweet chili sauce and coconut chips**.



Chicken Shawarma Pitas

Chicken Shawarma Pitas

with Spicy Tzatziki

Makes 2 servings:

- Roughly chop the **peppadew peppers**.
- Heat the **finished chicken and potatoes** in the microwave 1 to 2 minutes, or until heated through.
- Wrap **2 pitas** in a damp paper towel; microwave 30 seconds to 1 minute, or until warmed.
- Fill each pita with the **chicken, marinated vegetables, and spicy tzatziki**.
- Serve with the **sweet potatoes** on the side. Garnish each serving with the **chopped peppadew peppers**.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: 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.

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