



Jalapeño-Cilantro Shrimp

Shrimp & Veggie Lettuce Cups

Sambal-Peanut Turkey Lettuce Wraps

Turkey & Vegetable Farro



MEAL PREP Wellness Bundle



See last page for details

Turkey & Shrimp

2 servings of each:

Jalapeño-Cilantro Shrimp
with Vegetables, Farro & Walnuts

Shrimp & Veggie Lettuce Cups
with Spicy Tzatziki & Almonds

Turkey & Vegetable Farro
with Guajillo Yogurt & Cotija

Sambal-Peanut Turkey Lettuce Wraps
with Vegetables & Peanuts

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

⌚ 5 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 turkey 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

⌚ 5 min

STORAGE YOU'LL NEED

8 large
containers16 small
containers

TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, 1 Medium Pot,
1 Sheet Pan, 1 Large Nonstick Pan, Wooden Spoon

Main Cooking Ingredients

For All Recipes

18 oz
Ground Turkey18 oz
Tail-On Shrimp¹1 cup
Semi-Pearled
Farro1 lb
Diced Butternut
Squash2
Persian
Cucumbers4 cloves
Garlic1
Red Onion2
Bell Peppers5 oz
Baby Spinach1
Lime½ lb
Grape Tomatoes2 Tbsps
Rice Vinegar1 Tbsp
Shawarma Spice
Blend²

Sauce Ingredients

Shrimp & Veggie Lettuce Cups with Spicy Tzatziki & Almonds

½ cup
Tzatziki³¼ tsp
Crushed Red
Pepper Flakes

Jalapeño-Cilantro Shrimp with Vegetables, Farro & Walnuts

1 oz
Sliced Pickled
Jalapeño Pepper¼ cup
Cilantro Sauce

Sambal-Peanut Turkey Lettuce Wraps with Vegetables & Peanuts

2 Tbsps
Soy Glaze1 Tbsp
Sambal Oelek1 Tbsp
Smooth Peanut
Butter Spread

Turkey & Vegetable Farro with Guajillo Yogurt & Cotija

½ cup
Plain Nonfat
Greek Yogurt½ cup
Guajillo Chile
Pepper Sauce

Finishing Touches

Shrimp & Veggie Lettuce Cups with Spicy Tzatziki & Almonds

2 Tbsps
Sliced Roasted
Almonds½ oz
Pickled
Peppadew
Peppers½ head
Butter Lettuce

Jalapeño-Cilantro Shrimp with Vegetables, Farro & Walnuts

¼ cup
Roasted Walnuts

Sambal-Peanut Turkey Lettuce Wraps with Vegetables & Peanuts

3 Tbsps
Roasted Peanuts1 bunch
Mint½ head
Butter Lettuce

Turkey & Vegetable Farro with Guajillo Yogurt & Cotija

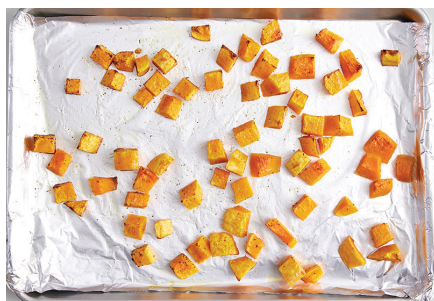
2 Tbsps
Grated Cotija
Cheese

1. peeled & deveined
 2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
 3. cucumber-yogurt sauce



Cook the farro

- 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.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



Roast the squash

- Meanwhile, line a sheet pan with foil.
- Place the **squash** on the foil. Drizzle with **olive oil**; season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast, stirring halfway through, 21 to 23 minutes, or until the squash is lightly browned and tender when pierced with a fork.
- Leaving the oven on, remove from the oven.



Add the spinach & finish the farro

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Place the **spinach** in a large bowl; drizzle with **olive oil** and season with salt and pepper. Stir to coat. Carefully add the **seasoned spinach** in an even layer to the sheet pan of **partially roasted squash**.
- Return to the oven and roast 2 to 3 minutes, or until the spinach is wilted.
- Transfer to the pot of **cooked farro**; add a drizzle of **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.



Prepare the remaining ingredients

- Halve the **cucumbers** lengthwise, then thinly slice crosswise. Peel and roughly chop **4 cloves of garlic**. Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Halve, peel, and medium dice the **onion**.
- Halve the **tomatoes**. Halve the **lime**. In a bowl, combine the **halved tomatoes**, **the juice of both lime halves**, and a drizzle of **olive oil**. Season with salt and pepper; set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, combine the **sliced cucumbers** and **vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



Cook the shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a large bowl. Season with salt, pepper, and the **spice blend**; stir to coat.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Transfer to a bowl.
- Wipe out the pan.



Cook the turkey

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **turkey**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned.
- Add **half the chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a large bowl.



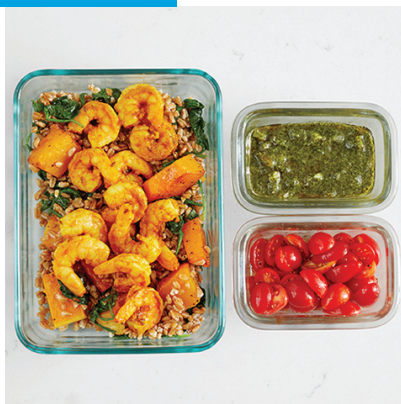
Cook the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced onion**, **diced peppers**, and **remaining chopped garlic**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until lightly browned and softened.
- Turn off the heat.



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.



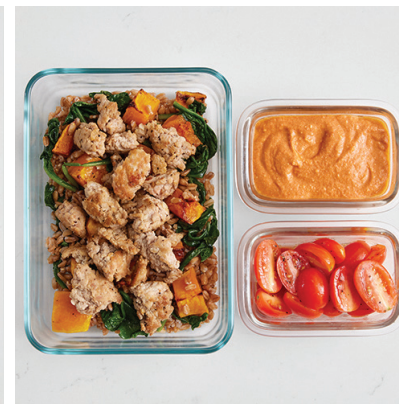
Jalapeño-Cilantro Sauce

- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- Combine the **cilantro sauce** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



Sambal-Peanut Sauce

- Combine the **peanut butter spread**, **soy glaze**, 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.



Guajillo Yogurt

- Combine the **guajillo chile sauce** and **yogurt**. Season with salt and pepper.

Shrimp & Veggie Lettuce Cups

with Spicy Tzatziki & Almonds

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer **half the marinated cucumbers** to 2 small containers.

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

Jalapeño-Cilantro Shrimp

with Vegetables, Farro & Walnuts

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer **half the marinated tomatoes** to 2 small containers.

Transfer the **jalapeño-cilantro sauce** to 2 separate small containers.

Sambal-Peanut Turkey Lettuce Wraps

with Vegetables & Peanuts

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **cooked vegetables**
- $\frac{1}{4}$ **cooked turkey**

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

Transfer the **sambal-peanut sauce** to 2 separate small containers.

Turkey & Vegetable Farro

with Guajillo Yogurt & Cotija

Makes 2 servings:

For each serving, in a large container combine:

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

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

Transfer the **guajillo yogurt** to 2 separate small containers.

Shrimp & Veggie
Lettuce Cups



Sambal-Peanut Turkey
Lettuce Wraps



Jalapeño-Cilantro Shrimp



Turkey &
Vegetable Farro



Shrimp & Veggie Lettuce Cups

with Spicy Tzatziki & Almonds

Makes 2 servings:

- Wash and dry the **lettuce**. Cut off and discard the root end; carefully separate **half the leaves**.
- Roughly chop the **peppadew peppers**.
- Heat the **finished shrimp and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Assemble each cup using **2 lettuce leaves**, the **shrimp and vegetables**, **marinated cucumbers**, **spicy tzatziki**, **chopped peppers**, and **almonds**.

Jalapeño-Cilantro Shrimp

with Vegetables, Farro & Walnuts

Makes 2 servings:

- Roughly chop the **walnuts**.
- Heat the **finished shrimp and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **marinated tomatoes**, **jalapeño-cilantro sauce**, and **chopped walnuts**.

Sambal-Peanut Turkey Lettuce Wraps

with Vegetables & Peanuts

Makes 2 servings:

- Wash and dry the **mint**; pick the leaves off the stems.
- Separate the **remaining lettuce leaves**.
- Roughly chop the **peanuts**.
- Heat the **finished turkey and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Assemble each wrap using **2 lettuce leaves**, the **turkey and vegetables**, **marinated cucumbers**, **sambal-peanut sauce**, **chopped peanuts**, and **mint leaves** (tearing just before adding).

Turkey & Vegetable Farro

with Guajillo Yogurt & Cotija

Makes 2 servings:

- Heat the **finished turkey and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **marinated tomatoes**, **guajillo yogurt**, and **cotija**.

WW Member? Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoints value per teaspoon) to coat your pan before heating.

SHRIMP & VEGGIE LETTUCE CUPS



SmartPoints® value
per serving (as packaged)



JALAPEÑO-CILANTRO SHRIMP



SmartPoints® value
per serving (as packaged)



TURKEY LETTUCE WRAPS



SmartPoints® value
per serving (as packaged)



TURKEY & VEGETABLE FARRO



SmartPoints® value
per serving (as packaged)



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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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