



Pork & Salsa Verde Vegetables



Maple-Dijon Pork



Creamy Balsamic Chicken



Chicken & Roasted Veggies



MEAL PREP Wellness Bundle

Chicken & Pork

2 servings of each:

Pork & Salsa Verde Vegetables

with Calabrian Mayo & Almonds

Maple-Dijon Pork

with Roasted Squash, Apple & Brussels Sprouts

Creamy Balsamic Chicken

with Salsa Verde Veggies & Parsley

Chicken & Roasted Veggies

with Mascarpone-BBQ Sauce

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



Serve chicken 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
containers8 small
containers

TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, 2 Sheet Pans,
1 Large Nonstick Pan, Spatula, Wooden Spoon

Main Cooking Ingredients

For All Recipes

4
Boneless,
Center-Cut Pork
Chops4
Boneless,
Skinless Chicken
Breasts2
Zucchini1
Red Onion½ lb
Brussels Sprouts1
Delicata Squash2 15.5-oz cans
Cannellini Beans5 oz
Baby Spinach½ lb
Grape Tomatoes1
Apple½ cup
Salsa Verde¼ tsp
Crushed Red
Pepper Flakes1 Tbsp
Italian
Seasoning¹1 Tbsp
Barbecue Spice
Blend²1 Tbsp
Weeknight Hero
Spice Blend³1 Tbsp
Tuscan Spice
Blend⁴

Sauce Ingredients

Maple-Dijon Pork with Roasted Squash, Apple & Brussels Sprouts

1 ½ Tbsps
Maple Syrup1 Tbsp
Apple Cider
Vinegar1 Tbsp
Dijonnaise

Pork & Salsa Verde Vegetables with Calabrian Mayo & Almonds

1 ½ tsps
Calabrian Chile
Paste2 Tbsps
Mayonnaise

Chicken & Roasted Veggies with Mascarpone-BBQ Sauce

2 Tbsps
Mascarpone
Cheese¼ cup
Barbecue Sauce

Creamy Balsamic Chicken with Salsa Verde Veggies & Parsley

¼ cup
Labneh Cheese2 Tbsps
Balsamic
Vinegar

Finishing Touches

Maple-Dijon Pork with Roasted Squash, Apple & Brussels Sprouts

2 Tbsps
Roasted
Pistachios

Pork & Salsa Verde Vegetables with Calabrian Mayo & Almonds

2 Tbsps
Sliced Roasted
Almonds

Chicken & Roasted Veggies with Mascarpone-BBQ Sauce

3 Tbsps
Roasted Peanuts

Creamy Balsamic Chicken with Salsa Verde Veggies & Parsley

1 bunch
Parsley½ oz
Pickled
Peppadew
Peppers

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

2. Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder & Light Brown Sugar

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

4. Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage



Roast & slice the chicken

- Place an oven rack in the center of the oven; preheat to 450°F. Line two sheet pans with foil.
- Pat the **chicken** dry with paper towels. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **barbecue spice blend** to coat. Season the **remaining chicken breasts** on both sides with salt, pepper, and the **Italian seasoning**. Transfer the seasoned chicken breasts to one sheet pan and arrange in an even layer.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.* Transfer to a cutting board; when cool enough to handle, slice crosswise.



Prepare the ingredients

- Meanwhile, wash and dry the fresh produce for bulk cooking.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into ½-inch pieces. Core and medium dice the **apple**. Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Halve and peel the **onion**; cut into ½-inch-wide wedges. Halve the **zucchini** lengthwise, then thinly slice crosswise. Halve the **tomatoes**. Drain and rinse the **beans**.



Roast the vegetables

- Place the **squash pieces**, **diced apple**, **brussels sprouts**, and **onion wedges** on the remaining sheet pan. Drizzle with **olive oil**. Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

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



Cook & slice the pork

- Meanwhile, pat the **pork** dry with paper towels; season **2 pork chops** on both sides with salt, pepper, and enough of the **Tuscan spice blend** to coat. Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **weeknight hero spice blend** 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 pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until cooked to your desired degree of doneness.* Transfer to a cutting board and let rest at least 5 minutes. Once rested, slice crosswise. Wipe out the pan.



Cook & finish the remaining vegetables

- In the same pan, 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 the **halved tomatoes**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **drained beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until combined and heated through.
- Transfer to a large bowl. Add the **spinach** and **salsa verde**; stir until thoroughly combined and the spinach is wilted. Taste, then season with salt and pepper if desired.

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

**Maple-Dijon Sauce**

- Combine the **maple syrup**, **dijonnaise**, and **apple cider vinegar**. Taste, then season with salt and pepper if desired.

**Calabrian Mayo**

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

**Mascarpone-BBQ Sauce**

- Combine the **barbecue sauce**, **mascarpone**, and **2 teaspoons of water**. Taste, then season with salt and pepper if desired.

**Creamy Balsamic Sauce**

- Combine the **labneh** and **balsamic vinegar**. Taste, then season with salt and pepper if desired.

Maple-Dijon Pork

with Roasted Squash, Apple & Brussels Sprouts

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced Tuscan-spiced pork chop**

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

Pork & Salsa Verde Vegetables

with Calabrian Mayo & Almonds

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetables and beans**
- 1 **sliced weeknight hero-spiced pork chop**

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

Chicken & Roasted Veggies

with Mascarpone-BBQ Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced barbecue-spiced chicken breast**

Transfer the **mascarpone-BBQ sauce** to 2 small containers.

Creamy Balsamic Chicken

with Salsa Verde Veggies & Parsley

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetables and beans**
- 1 **sliced Italian-seasoned chicken breast**

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



Maple-Dijon Pork

Chicken & Roasted Veggies

Pork & Salsa Verde Vegetables

Creamy Balsamic Chicken

Maple-Dijon Pork

with Roasted Squash, Apple & Brussels Sprouts

Makes 2 servings:

- Roughly chop the **pistachios**.
- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **maple-dijon sauce** and **chopped pistachios**.

Pork & Salsa Verde Vegetables

with Calabrian Mayo & Almonds

Makes 2 servings:

- Heat the **finished pork, vegetables, and beans** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **Calabrian mayo** and **almonds**.

Chicken & Roasted Veggies

with Mascarpone-BBQ Sauce

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **mascarpone-BBQ sauce** and **chopped peanuts**.

Creamy Balsamic Chicken

with Salsa Verde Veggies & Parsley

Makes 2 servings:

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Roughly chop the **peppadew peppers**.
- Heat the **finished chicken, vegetables, and beans** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy balsamic sauce**, **chopped parsley**, and **chopped peppers**.

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.

MAPLE-DIJON PORK



SmartPoints® value
per serving (as packaged)



6 44216 09615 2

PORK & SALSA VERDE VEGETABLES



SmartPoints® value
per serving (as packaged)



6 44216 09625 1

CHICKEN & ROASTED VEGGIES



SmartPoints® value
per serving (as packaged)



6 44216 09635 0

CREAMY BALSAMIC CHICKEN



SmartPoints® value
per serving (as packaged)



6 44216 09645 9

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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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