

## Chicken & Salmon

2 servings of each:

Spicy Tahini Chicken

with Barley, Bok Choy & Bell Peppers

**Roasted Salmon & Vegetable Barley** 

with Yuzu-Honey Sauce

Chicken & Kale Salad

with Squash, Mushrooms & Spicy Fig Dressing

Vadouvan Salmon over Kale Salad

with Creamy Tomato Achaar & Mint

# 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.



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.



### STORAGE YOU'LL NEED



containers



## TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, 1 Medium Pot, Strainer, 2 Sheet Pans, 1 Large Pan, Wooden Spoon

## **Main Cooking Ingredients**

#### **For All Recipes**



Chopped Chicken Breast



Skin-On Salmon Fillets



¾ cup Pearled Barley



1 Red Onion



½ lb Mushrooms



1 Delicata Squash



15 oz Baby Bok Choy



2 Bell Peppers



¾ lb Kale



1 Tbsp Soy Sauce



3 Tbsps Asian-Style Sautéed Aromatics



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



2 tsps Vadouvan Curry Powder

## **Sauce Ingredients**

#### Roasted Salmon & Vegetable Barley with Yuzu-Honey Sauce







1 Tbsp

### Vadouvan Salmon over Kale Salad with Creamy Tomato Achaar & Mint



½ cup Labneh Cheese



2 Tbsps Tomato Achaai

## Spicy Tahini Chicken with Barley, Bok Choy & Bell Peppers



2 tsps Date Syrup



2 Tbsps



Sambal Oelek

#### Chicken & Kale Salad with Squash, Mushrooms & Spicy Fig Dressing



1 Tbsp Fig Spread



1 ½ tsps Calabrian Chile Paste

## **Finishing Touches**

#### Roasted Salmon & Vegetable Barley with Yuzu-Honey Sauce



1 Tbsp Togarashi Seasoning<sup>2</sup>

#### Vadouvan Salmon over Kale Salad with Creamy Tomato Achaar & Mint



### Spicy Tahini Chicken with Barley, Bok Choy & Bell Peppers



Black & White Sesame Seeds

#### Chicken & Kale Salad with Squash, Mushrooms & Spicy Fig Dressing



½ oz Sweety Drop Peppers



# **Cook Everything**









## Cook the barley

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



#### Prepare the ingredients

- Meanwhile, cut off and discard the ends of the squash. Halve lengthwise; using a spoon, scoop out the pulp and seeds. Cut crosswise into ½-inch pieces. Cut the mushrooms into bite-sized pieces. Halve and peel the onion; cut into ½-inch-wide wedges. Cut off the stems of the bell peppers. Halve lengthwise; remove the ribs and seeds, then medium dice. Cut off the root end of the bok choy; thinly slice.
- Separate the kale leaves from the stems; roughly chop the leaves. Place in a large bowl. Drizzle with olive oil and season with salt and pepper. Massage the kale until softened.



## Roast the vegetables & finish the salad

- Line two sheet pans with foil.
- Transfer the squash pieces, mushroom pieces, and onion wedges to one sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat and arrange in an
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Transfer to the bowl of marinated kale. Toss to combine. Taste, then season with salt and pepper if desired.





#### Roast the fish

- Pat the fish dry with paper towels. Season 2 fish fillets on both sides with salt, pepper, and enough of the curry powder to coat. Season the remaining fish fillets on both sides with salt and pepper.
- Transfer to the remaining sheet pan, 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 **weeknight hero 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 chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 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 remaining vegetables & finish the barley

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced bell peppers** and **sliced bok choy**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **soy sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are coated and softened.
- Transfer to the pot of **cooked barley**. Add the **sautéed aromatics**. Stir to combine. Taste, then season with salt and pepper if desired.



## **Make the Sauces**











## **Yuzu-Honey Sauce**

 Combine the yuzu kosho and honey (kneading the packet before opening).
 Taste, then season with salt and pepper if desired.

## **Creamy Tomato Achaar**

 Combine the labneh and as much of the tomato achaar 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 Tahini Sauce**

Combine the tahini, date syrup, 2 teaspoons of water, 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 Fig Dressing**

 Combine the fig spread, 2 teaspoons of olive oil, and as much of the chile paste as you'd like, depending on how spicy you'd like the dish to be. Season with salt and pepper.

# **4**

## **Assemble + Store**



# Roasted Salmon & Vegetable Barley

with Yuzu-Honey Sauce

## Makes 2 servings:

For each serving, in a large container combine:

- 1/4 finished barley
- 1 plain roasted fish fillet Transfer the yuzu-honey sauce to 2 small containers.

## Vadouvan Salmon over Kale Salad

with Creamy Tomato Achaar & Mint

#### Makes 2 servings:

For each serving, in a large container combine:

- 1/4 finished kale salad
- 1 vadouvan-roasted fish fillet

Transfer the **creamy tomato achaar** to 2 small containers.

### Spicy Tahini Chicken

with Barley, Bok Choy & Bell Peppers

### Makes 2 servings:

For each serving, in a large container combine:

- 1/4 finished barley
- 1/4 **cooked chicken**Transfer the **spicy tahini sauce** to 2 small containers.

#### Chicken & Kale Salad

with Squash, Mushrooms & Spicy Fig Dressing

### Makes 2 servings:

For each serving, in a large container combine:

- 1/4 finished kale salad
- ¼ cooked chicken
  Transfer the spicy fig
  dressing to 2 small
  containers.







## **Roasted Salmon & Vegetable Barley**

with Yuzu-Honey Sauce

#### Makes 2 servings:

- Heat the finished fish and **barley** in the microwave 1 to 2 minutes, or until heated through.
- · Garnish each serving with the yuzu-honey sauce and togarashi.

## Vadouvan Salmon over **Kale Salad**

with Creamy Tomato Achaar & Mint

#### Makes 2 servings:

- Wash and dry the mint; pick the leaves off the
- Serve the finished fish over the finished salad.
- · Garnish each serving with the creamy tomato achaar and mint leaves (tearing just before adding).

## Spicy Tahini Chicken

with Barley, Bok Choy & Bell Peppers

#### Makes 2 servings:

- · Heat the finished chicken and barley in the microwave 1 to 2 minutes, or until heated through.
- · Garnish each serving with the spicy tahini sauce and sesame seeds.

#### Chicken & Kale Salad

with Squash, Mushrooms & Spicy Fig Dressing

#### Makes 2 servings:

- Serve the finished chicken over the finished salad.
- · Garnish each serving with the spicy fig dressing and sweety drop 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.

#### ROASTED SALMON & VEGETABLE BARLEY









SmartPoints® value per serving (as packaged)



#### VADOUVAN SALMON OVER KALE SALAD







SmartPoints® value per serving (as packaged)



#### SPICY TAHINI CHICKEN













#### CHICKEN & KALE SALAD







SmartPoints® value per serving (as packaged)



about WW and SmartPoints visit ww.com. The WW logo, and SmartPoints are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC

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).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat. Blue Apron, LLC, New York, NY 10005

