



Shawarma Chicken & Farro Salad



Creamy Salsa Verde Shrimp



Italian Chicken Salad



Honey-Lime Shrimp & Vegetables



MEAL PREP Wellness Bundle

Chicken & Shrimp

2 servings of each:

Shawarma Chicken & Farro Salad

with Harissa Tzatziki & Feta

Creamy Salsa Verde Shrimp

with Farro, Grapes & Squash

Italian Chicken Salad

with Rosemary Vinaigrette & Walnuts

Honey-Lime Shrimp & Vegetables

with Pepitas & Cotija

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 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

⌚ 5 min

STORAGE YOU'LL NEED

8 large
containers8 small
containers

TOOLS YOU'LL NEED

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

Main Cooking Ingredients

For All Recipes

4
Boneless,
Skinless Chicken
Breasts18 oz
Tail-On Shrimp¹½ cup
Semi-Pearled
Farro1
Delicata Squash2 cloves
Garlic¾ lb
Carrots1
Red Onion2
Bell Peppers4 oz
Red Seedless
Grapes¼ tsp
Crushed Red
Pepper Flakes1 Tbsp
Italian
Seasoning²1 Tbsp
Shawarma Spice
Blend³

Sauce Ingredients

Shawarma Chicken & Farro Salad with Harissa Tzatziki & Feta

½ cup
Tzatziki⁴1 Tbsp
Red Harissa
Paste

Italian Chicken Salad with Rosemary Vinaigrette & Walnuts

1 bunch
Rosemary1 ½ Tbsps
Spicy Maple
Syrup1 Tbsp
Apple Cider
Vinegar

Creamy Salsa Verde Shrimp with Farro, Grapes & Squash

2 Tbsps
Mascarpone
Cheese½ cup
Salsa Verde

Honey-Lime Shrimp & Vegetables with Pepitas & Cotija

1
Lime1 Tbsp
Honey

Finishing Touches

Shawarma Chicken & Farro Salad with Harissa Tzatziki & Feta

2 oz
Arugula1 oz
Pitted Niçoise
Olives1 ½ oz
Feta Cheese

Italian Chicken Salad with Rosemary Vinaigrette & Walnuts

¼ cup
Roasted Walnuts1 oz
Balsamic-
Marinated
Cipolline Onions1 head
Butter Lettuce

Creamy Salsa Verde Shrimp with Farro, Grapes & Squash

2 Tbsps
Roasted
Pistachios½ oz
Sweetie Drop
Peppers2 oz
Arugula

Honey-Lime Shrimp & Vegetables with Pepitas & Cotija

1 head
Butter Lettuce2 Tbsps
Grated Cotija
Cheese2 Tbsps
Raw Pepitas

1. peeled & deveined
 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
 3. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
 4. cucumber-yogurt sauce



Prepare the ingredients

- Preheat the oven to 450°F. Fill a medium pot $\frac{3}{4}$ of the way with salted water; cover and heat to boiling on high. 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 the pulp and seeds. Cut crosswise into $\frac{1}{2}$ -inch pieces. Remove and discard any stems from the **grapes**. Peel and roughly chop **2 cloves of garlic**. Peel the **carrots**; halve lengthwise, then thinly slice crosswise. Cut off and discard the stems of the **bell peppers**; halve lengthwise, remove the ribs and seeds, then medium dice. Halve, peel, and medium dice the **red onion**.



Cook the farro

- 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.



Roast & slice the chicken

- Meanwhile, line two sheet pans with foil.
- Pat the **chicken** dry with paper towels. Transfer to one sheet pan. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **shawarma spice blend** to coat. Season the **remaining chicken breasts** on both sides with salt, pepper, and enough of the **Italian seasoning** to coat.
- Roast 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

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



Roast the squash & finish the farro

- Transfer the **squash pieces** and **prepared grapes** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 21 to 23 minutes, or until the squash is browned and tender when pierced with a fork.
- 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.



Cook the shrimp

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned shrimp**, **chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 4 to 5 minutes, or until the shrimp are opaque and cooked through.
- Transfer to a plate and wipe out the pan.



Cook the remaining vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots**, **diced bell peppers**, and **diced onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened and browned.
- Turn off the heat.



Harissa Tzatziki

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



Rosemary Vinaigrette

- Pick the **rosemary** leaves off the stems; finely chop the leaves to get 2 teaspoons.
- Combine the **chopped rosemary**, **spicy maple syrup**, **vinegar**, and **1 tablespoon of olive oil**. Season with salt and pepper.



Creamy Salsa Verde

- Combine the **salsa verde** and **mascarpone**. Taste, then season with salt and pepper if desired.



Honey-Lime Sauce

- Wash and dry the **lime**. Using a zester or the small side of a box grater, grate the lime to get 2 teaspoons, then halve crosswise.
- Combine the **lime zest**, **the juice of both lime halves**, **honey** (kneading the packet before opening), and **1 tablespoon of olive oil**. Season with salt and pepper.

Shawarma Chicken & Farro Salad

with Harissa Tzatziki & Feta

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- **1 sliced shawarma-spiced chicken breast**

Transfer the **harissa tzatziki** to 2 small containers.

Italian Chicken Salad

with Rosemary Vinaigrette & Walnuts

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **cooked vegetables**
- **1 sliced Italian-seasoned chicken breast**

Transfer the **rosemary vinaigrette** to 2 small containers.

Creamy Salsa Verde Shrimp

with Farro, Grapes & Squash

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **creamy salsa verde** to 2 small containers.

Honey-Lime Shrimp & Vegetables

with Pepitas & Cotija

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **honey-lime sauce** to 2 small containers.

Shawarma Chicken &
Farro SaladCreamy Salsa
Verde Shrimp

Italian Chicken Salad

Honey-Lime Shrimp &
Vegetables

Shawarma Chicken & Farro Salad

with Harissa Tzatziki & Feta

Makes 2 servings:

- Wash and dry **half the arugula**.
- Roughly chop the **olives**.
- Heat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through.
- Serve over the **prepared arugula**.
- Garnish each serving with the **harissa tzatziki, chopped olives, and feta** (crumbling before adding).

Italian Chicken Salad

with Rosemary Vinaigrette & Walnuts

Makes 2 servings:

- Roughly chop the **walnuts** and **cipolline onions**.
- Wash and dry **1 head of lettuce**. Cut off and discard the root end; roughly chop the leaves.
- Serve the **finished chicken and vegetables** with the **chopped lettuce**.
- Garnish each serving with the **rosemary vinaigrette, chopped walnuts, and chopped cipolline onions**.

Creamy Salsa Verde Shrimp

with Farro, Grapes & Squash

Makes 2 servings:

- Wash and dry the **remaining arugula**.
- Roughly chop the **pistachios**.
- Heat the **finished shrimp and farro** in the microwave 1 to 2 minutes, or until heated through.
- Serve over the **prepared arugula**.
- Garnish each serving with the **creamy salsa verde, chopped pistachios, and sweet drop peppers**.

Honey-Lime Shrimp & Vegetables

with Pepitas & Cotija

Makes 2 servings:

- Wash and dry the **remaining head of lettuce**; roughly chop the leaves.
- Roughly chop the **pepitas**.
- Serve the **finished shrimp and vegetables** with the **chopped lettuce**.
- Garnish each serving with the **honey-lime sauce, cotija, and chopped pepitas**.

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SHAWARMA CHICKEN & FARRO SALAD



SmartPoints® value
per serving (as packaged)



6 44216 09875 0

ITALIAN CHICKEN SALAD



SmartPoints® value
per serving (as packaged)



6 44216 09885 9

CREAMY SALSA VERDE SHRIMP



SmartPoints® value
per serving (as packaged)



6 44216 09895 8

HONEY-LIME SHRIMP & VEGETABLES



SmartPoints® value
per serving (as packaged)



6 44216 09905 4

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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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