



Honey-Lime Salmon



Mexican Chicken Salad



Italian Salmon & Farro Salad



Chicken & Balsamic Tahini



MEAL PREP Wellness Bundle



See last page for details

Chicken & Salmon

2 servings of each:

Honey-Lime Salmon
with Tomatoes, Peppers & Marinated Orange

Mexican Chicken Salad
with Cilantro Yogurt, Tomatoes & Peppers

Italian Salmon & Farro Salad
with Spicy Fig Dressing

Chicken & Balsamic Tahini
with Vegetable Farro & Feta

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

⌚ 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 salmon 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

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

Main Cooking Ingredients

For All Recipes

18 oz
Chopped
Chicken Breast4
Skin-On Salmon
Fillets1 cup
Semi-Pearled
Farro2
Zucchini½ lb
Sweet Peppers2
Red Onions1
Fennel Bulb1 oz
Sliced Pickled
Jalapeño Pepper5 oz
Baby Spinach4
Scallions½ lb
Grape Tomatoes1
Navel Orange½ cup
Salsa Verde1 Tbsp
Weeknight Hero
Spice Blend¹1 Tbsp
Italian
Seasoning²1 Tbsp
Mexican Spice
Blend³

Sauce Ingredients

Honey-Lime Salmon with Tomatoes, Peppers & Marinated Orange

1
Lime1 Tbsp
Honey

Italian Salmon & Farro Salad with Spicy Fig Dressing

1 ½ tsps
Calabrian Chile
Paste1 Tbsp
Fig Spread

Mexican Chicken Salad with Cilantro Yogurt, Tomatoes & Peppers

½ cup
Plain Nonfat
Greek Yogurt¼ cup
Cilantro Sauce

Chicken & Balsamic Tahini with Vegetable Farro & Feta

2 Tbsps
Tahini2 Tbsps
Balsamic
Vinegar2 tsps
Date Syrup

Finishing Touches

Honey-Lime Salmon with Tomatoes, Peppers & Marinated Orange

1 head
Butter Lettuce¼ cup
Guacamole

Italian Salmon & Farro Salad with Spicy Fig Dressing

2 Tbsps
Roasted
Pistachios1 oz
Balsamic-
Marinated
Cipolline Onions

Mexican Chicken Salad with Cilantro Yogurt, Tomatoes & Peppers

3 Tbsps
Roasted Peanuts1 head
Butter Lettuce

Chicken & Balsamic Tahini with Vegetable Farro & Feta

1 ½ oz
Feta Cheese½ oz
Sweety Drop
Peppers

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
 3. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



Prepare the ingredients

- Preheat the oven to 450°F. Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce for bulk cooking.
- Halve the **zucchini** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces. Cut off and discard any stems from the **fennel**, then halve, core, and thinly slice the bulb. Halve and peel the **onion**; cut into $\frac{1}{2}$ -inch-thick wedges.
- Cut off and discard the stems of the **sweet peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise. Halve the **tomatoes**.



Prepare & marinate the orange

- Peel and small dice the **orange**. Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **diced orange**, **sliced green tops of the scallions**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



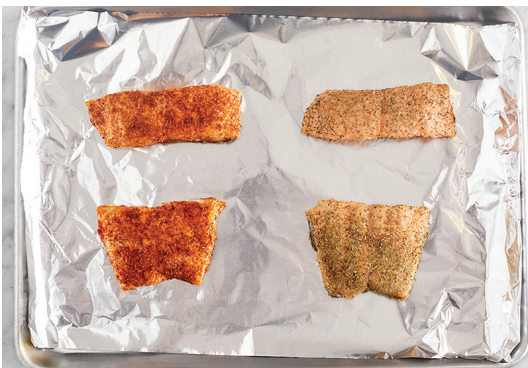
Cook the farro

- 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 the vegetables & finish the farro

- Meanwhile, line two sheet pans with foil.
- Transfer the **zucchini pieces**, **sliced fennel**, and **onion wedges** to one sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 18 to 20 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.
- Transfer to the pot of **cooked farro**. Add the **salsa verde** and **spinach**; stir until combined and the spinach is slightly wilted. Taste, then season with salt and pepper if desired.



Roast the fish

- Meanwhile, pat the **fish** dry with paper towels. Season **2 fish fillets** on both sides with salt, pepper, and enough of the **Mexican spice blend** to coat (you may have extra). Season the **remaining fish fillets** on both sides with salt, pepper, and the **Italian spice blend**.
- 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**; toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle 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.
- Transfer to a plate.
- Rinse and wipe out the pan.



Cook the remaining vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced sweet peppers**, **halved tomatoes**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and softened.
- Turn off the heat.

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

**Honey-Lime Vinaigrette**

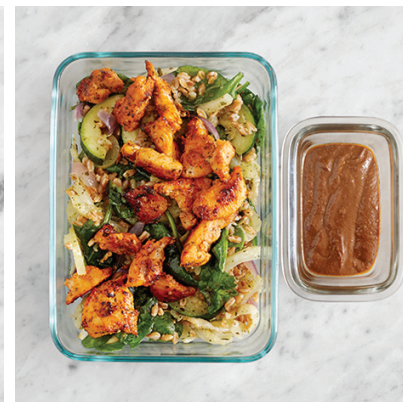
- Wash and dry the **lime**; halve crosswise.
- Combine the **honey** (kneading the packet before opening), the **juice of both lime halves**, and **2 teaspoons of olive oil**. Season with salt and pepper.

**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.

**Cilantro Yogurt**

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

**Balsamic Tahini**

- Combine the **vinegar**, **tahini**, and **date syrup**. Season with salt and pepper.

Honey-Lime Salmon

with Tomatoes, Peppers & Marinated Orange

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **cooked vegetables**
- 1 **roasted Mexican-spiced fish fillet**

Transfer **half the marinated orange** to 2 small containers. Transfer the **honey-lime vinaigrette** to 2 separate small containers.

Italian Salmon & Farro Salad

with Spicy Fig Dressing

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished farro**
- 1 **roasted Italian-seasoned fish fillet**

Transfer the **spicy fig dressing** to 2 small containers.

Mexican Chicken Salad

with Cilantro Yogurt, Tomatoes & Peppers

Makes 2 servings:

For each serving, in a large container combine:

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

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

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

Chicken & Balsamic Tahini

with Vegetable Farro & Feta

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **balsamic tahini** to 2 small containers.



Honey-Lime Salmon



Italian Salmon & Farro Salad



Mexican Chicken Salad



Chicken & Balsamic Tahini

Honey-Lime Salmon

with Tomatoes, Peppers & Marinated Orange

Makes 2 servings:

- Wash and dry **1 head of lettuce**. Cut off and discard the root end; roughly chop the leaves.
- Serve the **chopped lettuce** topped with the **finished fish and vegetables**.
- Garnish each serving with the **marinated orange**, **honey-lime vinaigrette**, and **guacamole**.

Italian Salmon & Farro Salad

with Spicy Fig Dressing

Makes 2 servings:

- Roughly chop the **pistachios**.
- Roughly chop the **cipolline onions**.
- Heat the **finished fish and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy fig dressing**, **chopped pistachios** and **chopped onions**.

Mexican Chicken Salad

with Cilantro Yogurt, Tomatoes & Peppers

Makes 2 servings:

- Wash and dry the **remaining head of lettuce**. Cut off and discard the root end; roughly chop the leaves.
- Roughly chop the **peanuts**.
- Serve the **chopped lettuce** topped with the **finished chicken and vegetables**.
- Garnish each serving with the **marinated orange**, **cilantro yogurt**, and **chopped peanuts**.

Chicken & Balsamic Tahini

with Vegetable Farro & Feta

Makes 2 servings:

- Heat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **balsamic tahini**, **sweet drop peppers**, and **cheese** (crumbling before adding).

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HONEY-LIME SALMON



Now your Points value is personalized to YOU! It could be between 5-13 Points. Scan the barcode to see yours!



ITALIAN SALMON & FARRO SALAD



Now your Points value is personalized to YOU! It could be between 11-17 Points. Scan the barcode to see yours!



MEXICAN CHICKEN SALAD



Now your Points value is personalized to YOU! It could be between 6-9 Points. Scan the barcode to see yours!



CHICKEN & BALSAMIC TAHINI



Now your Points value is personalized to YOU! It could be between 14-16 Points. Scan the barcode to see yours!



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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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