

Za'atar Pork & Vegetables

Spanish Chicken & Romesco Mayo

Togarashi Pork & Rice

Gochujang-Honey Chicken

Your meal may look different due to ingredient tweaks



MEAL PREP Wellness Bundle



See last page for details

Chicken & Pork

2 servings of each:

Za'atar Pork & Vegetables
with Roasted Red Pepper Tzatziki

Togarashi Pork & Rice
with Maple Black Bean Sauce & Sesame Seeds

Spanish Chicken & Romesco Mayo
with Roasted Veggies & Almonds

Gochujang-Honey Chicken
with Vegetable Rice & 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 chicken dishes with Blue Apron wine that has this symbol based on its flavor profile.



Serve pork 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, Spatula,
Strainer, Wooden Spoon, 1 Large Pot,
2 Sheet Pans, 1 Large Nonstick Pan

Main Cooking Ingredients

For All Recipes

4
Boneless,
Skinless Chicken
Breasts4
Boneless,
Center-Cut Pork
Chops1 ½ cups
Brown Rice1 lb
Broccoli2
Red Onions1 ½ lbs
Sweet Potatoes15 oz
Baby Bok Choy2
Bell Peppers5 oz
Baby Spinach2
Scallions1 Tbsp
Sesame Oil1 Tbsp
Za'atar
Seasoning¹1 Tbsp
Weeknight Hero
Spice Blend²1 Tbsp
Togarashi
Seasoning³1 Tbsp
Spanish Spice
Blend⁴¼ tsp
Crushed Red
Pepper Flakes

Sauce Ingredients

Za'atar Pork & Vegetables with Roasted Red Pepper Tzatziki

1 oz
Sliced Roasted
Red Peppers½ cup
Tzatziki⁵

Togarashi Pork & Rice with Maple Black Bean Sauce & Sesame Seeds

2 Tbsps
Coconut
Aminos⁶1 ½ Tbsps
Maple Syrup2 Tbsps
Black Bean
Sauce

Spanish Chicken & Romesco Mayo with Roasted Veggies & Almonds

2 Tbsps
Mayonnaise3 Tbsps
Romesco Sauce⁷

Gochujang-Honey Chicken with Vegetable Rice & Peanuts

1 Tbsp
Honey2 tsps
Gochujang

Finishing Touches

Za'atar Pork & Vegetables with Roasted Red Pepper Tzatziki

1 bunch
Mint½ oz
Pickled
Peppadew
Peppers

Togarashi Pork & Rice with Maple Black Bean Sauce & Sesame Seeds

1 tsp
Black & White
Sesame Seeds

Spanish Chicken & Romesco Mayo with Roasted Veggies & Almonds

2 Tbsps
Sliced Roasted
Almonds½ oz
Sweetie Drop
Peppers

Gochujang-Honey Chicken with Vegetable Rice & Peanuts

3 Tbsps
Roasted Peanuts

1. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

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

3. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

4. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

5. cucumber-yogurt sauce

6. seasoning sauce

7. contains almonds



Your meal may look different due to ingredient tweaks



Ingredient updates mean this step may look different for you.

Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F. Fill a large 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.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets. Halve and peel the **onion**; cut into 1-inch-wide wedges, separating the layers. Medium dice the **sweet potatoes**. Cut off and discard the root ends of the **bok choy**; thinly slice crosswise. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thinly slice the **scallions**.



Cook the rice

- Add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



Ingredient updates mean this step may look different for you.

Roast the vegetables

- Meanwhile, line two sheet pans with foil.
- Transfer the **broccoli florets**, **onion wedges**, and **diced sweet potatoes** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat and arrange in an even layer.
- Roast 28 to 30 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



Cook & slice the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **Spanish spice blend** to coat (you may have extra). Season the **remaining chicken breasts** with salt and pepper on both sides.
- Transfer to the remaining sheet pan.
- Roast 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



Cook & slice the pork chops

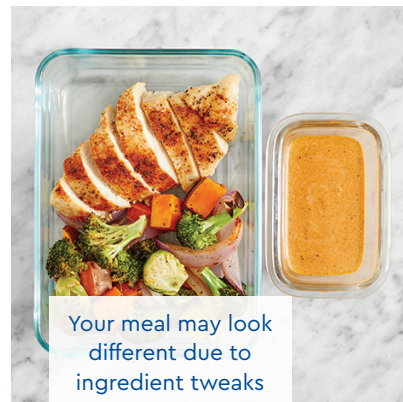
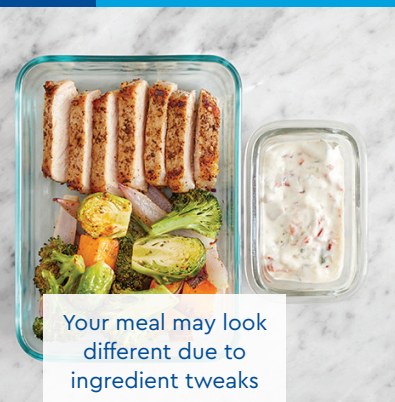
- Meanwhile, pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **togarashi** to coat (you may have extra). Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat a drizzle 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. When cool enough to handle, slice crosswise. Rinse and wipe out the pan.



Cook the vegetables & finish the rice

- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the **sliced bok choy**, **sliced bell peppers**, and **sliced scallions**; season with salt, pepper, 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 occasionally, 4 to 5 minutes, or until softened.
- Transfer to the pot of **cooked rice**. Add the **spinach** and a drizzle of **olive oil**. Stir until thoroughly combined and the spinach is wilted. Taste, then season with salt and pepper if desired. Cover to keep warm.

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for pork.



Roasted Red Pepper Tzatziki

- Roughly chop the **roasted red peppers**.
- Combine the **tzatziki** and **chopped roasted peppers**. Taste, then season with salt and pepper if desired.

Maple Black Bean Sauce

- Combine the **black bean sauce**, **coconut aminos**, and **maple syrup**. Taste, then season with salt and pepper if desired.

Romesco Mayo

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

Gochujang Honey

- Combine the **honey** (kneading the packet before opening), **2 teaspoons of warm water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.

Za'atar Pork & Vegetables

with Roasted Red Pepper Tzatziki

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced za'atar-seasoned pork chop**

Transfer the **roasted red pepper tzatziki** to 2 small containers.

Togarashi Pork & Rice

with Maple Black Bean Sauce & Sesame Seeds

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetable rice**
- 1 **sliced togarashi-seasoned pork chop**

Transfer the **maple black bean sauce** to 2 small containers.

Spanish Chicken & Romesco Mayo

with Roasted Veggies & Almonds

Makes 2 servings:

For each serving, in a large container combine:

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

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

Gochujang-Honey Chicken

with Vegetable Rice & Peanuts

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetable rice**
- 1 **sliced plain chicken breast**

Transfer the **gochujang honey** to 2 small containers.

Za'atar Pork & Vegetables



Your meal may look different due to ingredient tweaks

Togarashi Pork & Rice



Spanish Chicken & Romesco Mayo



Gochujang-Honey Chicken

**Za'atar Pork & Vegetables**

with Roasted Red Pepper Tzatziki

Makes 2 servings:

- Roughly chop the **peppadew peppers**.
- Wash and dry the **mint**; pick the leaves off the stems.
- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **roasted red pepper tzatziki, chopped peppers, and mint leaves** (tearing just before adding).

Togarashi Pork & Rice

with Maple Black Bean Sauce & Sesame Seeds

Makes 2 servings:

- Heat the **finished pork and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **maple black bean sauce and sesame seeds**.

Spanish Chicken & Romesco Mayo

with Roasted Veggies & Almonds

Makes 2 servings:

- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **romesco mayo, sweet drop peppers, and almonds**.

Gochujang-Honey Chicken

with Vegetable Rice & Peanuts

Makes 2 servings:

- Roughly chop the **peanuts**.
- Heat the **finished chicken and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **gochujang honey and chopped peanuts**.

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

ZA'ATAR PORK & VEGETABLES**6 - 10**PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 6-10 Points. Scan the barcode to see yours!



6 44216 10585 4

TOGARASHI PORK & RICE**9 - 15**PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 9-15 Points. Scan the barcode to see yours!



6 44216 10595 3

SPANISH CHICKEN & ROMESCO MAYO**7 - 13**PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 7-13 Points. Scan the barcode to see yours!



6 44216 10605 9

GOCHUJANG-HONEY CHICKEN**6 - 15**PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 6-15 Points. Scan the barcode to see yours!



6 44216 10615 8

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW 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).

[f](#) [t](#) [@](#) Share your photos with #mealprep and #blueapron

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



010322, MP03