



Shawarma Salmon & Vegetables



Chicken & Arugula Salad



Italian Salmon & Couscous



Sautéed Chicken & Lemon Labneh

# MEAL PREP Wellness Bundle



See last page for details

## Salmon & Chicken

2 servings of each:

**Shawarma Salmon & Vegetables**  
with Blood Orange Vinaigrette

**Chicken & Arugula Salad**  
with Marinated Vegetables & Balsamic Ranch

**Italian Salmon & Couscous**  
with Calabrian Honey & Olives

**Sautéed Chicken & Lemon Labneh**  
with Vegetable Couscous, Feta & Almonds

## 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](https://blueapron.com/wine)



Serve salmon 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,  
Wooden Spoon, 1 Sheet Pan, 1 Large Nonstick Pan,  
1 Medium Pot

## Main Cooking Ingredients

## For All Recipes

4  
Skin-On Salmon  
Fillets18 oz  
Chopped  
Chicken Breast1 cup  
Yellow  
Couscous2  
Persian  
Cucumbers2  
Red Onions3 oz  
Radishes1  
Shallot½ lb  
Grape Tomatoes3 oz  
Baby Spinach1 ½ oz  
Feta Cheese½ cup  
Salsa Verde2 Tbsps  
Red Wine  
Vinegar1 Tbsp  
Weeknight Hero  
Spice Blend<sup>1</sup>1 Tbsp  
Italian  
Seasoning<sup>2</sup>1 Tbsp  
Shawarma Spice  
Blend<sup>3</sup>

## Sauce Ingredients

## Shawarma Salmon &amp; Vegetables with Blood Orange Vinaigrette

1  
Blood Orange¼ tsp  
Crushed Red  
Pepper Flakes

## Italian Salmon &amp; Couscous with Calabrian Honey &amp; Olives

1 Tbsp  
Honey1 Tbsp  
Calabrian Chile  
Paste

## Chicken &amp; Arugula Salad with Marinated Vegetables &amp; Balsamic Ranch

2 Tbsps  
Balsamic  
Vinegar3 Tbsps  
Ranch Dressing

## Sautéed Chicken &amp; Lemon Labneh with Vegetable Couscous, Feta &amp; Almonds

1  
Meyer Lemon¼ cup  
Labneh Cheese

## Finishing Touches

## Shawarma Salmon &amp; Vegetables with Blood Orange Vinaigrette

2 oz  
Arugula1 bunch  
Mint¼ cup  
Grated  
Parmesan  
Cheese

## Italian Salmon &amp; Couscous with Calabrian Honey &amp; Olives

1 oz  
Castelvetrano  
Olives

## Chicken &amp; Arugula Salad with Marinated Vegetables &amp; Balsamic Ranch

2 oz  
Arugula2 Tbsps  
Roasted  
Pistachios1 oz  
Pickled  
Goathorn  
Peppers

## Sautéed Chicken &amp; Lemon Labneh with Vegetable Couscous, Feta &amp; Almonds

2 Tbsps  
Sliced Roasted  
Almonds

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram  
 3. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric



### Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce for bulk cooking.
- Halve, peel, and medium dice the **onion**.
- Halve the **tomatoes**. Halve the **cucumbers** lengthwise, then thinly slice crosswise. Peel and thinly slice the **shallot**. Halve the **radishes** lengthwise, then thinly slice crosswise.
- In a bowl, combine the **halved tomatoes, sliced cucumbers, sliced shallot, sliced radishes, and red wine vinegar**. Drizzle with **olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



### Roast the fish

- Meanwhile, line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Season **2 fish fillets** on both sides with salt, pepper, and enough of the **shawarma spice blend** to coat (you may have extra). Season the **remaining fish fillets** on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra).
- Transfer to the sheet pan, skin side down.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.\*
- Remove from the oven.

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



### 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.
- Turn off the heat.



### Cook & finish the couscous

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **couscous** and **1 cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork.
- In a large bowl, combine the **spinach**, **cooked couscous**, **feta cheese** (crumbling before adding), and **salsa verde**. Stir to combine. Taste, then season with salt and pepper if desired.



### Blood Orange Vinaigrette

- Wash and dry the **orange**; halve crosswise. Squeeze the juice into a bowl, discarding any seeds.
- Add **1 tablespoon of olive oil** and **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. Whisk to combine.

### Calabrian Honey

- Combine the **honey** (kneading the packet before opening) and **up to half the chile paste** (you will have extra). Taste, then season with salt and pepper.

### Balsamic Ranch

- Combine the **balsamic vinegar** and **ranch dressing**. Taste, then season with salt and pepper.

### Lemon Labneh

- Wash and dry the **lemon**; halve crosswise.
- Combine the **labneh** and **the juice of 1 lemon half** (you will have extra), discarding any seeds. Season with salt and pepper.

### Shawarma Salmon & Vegetables

with Blood Orange Vinaigrette

#### Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$  **marinated vegetables**
- **1 roasted shawarma-spiced fish fillet**

Transfer the **blood orange vinaigrette** to 2 small containers.

### Italian Salmon & Couscous

with Calabrian Honey & Olives

#### Makes 2 servings:

For each serving, in a large container combine:

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

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

### Chicken & Arugula Salad

with Marinated Vegetables & Balsamic Ranch

#### Makes 2 servings:

For each serving, in a large container combine:

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

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

### Sautéed Chicken & Lemon Labneh

with Vegetable Couscous, Feta & Almonds

#### Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **lemon labneh** to 2 small containers.

Shawarma Salmon &  
VegetablesChicken &  
Arugula SaladItalian Salmon &  
CouscousSautéed Chicken &  
Lemon Labneh

### Shawarma Salmon & Vegetables

with Blood Orange Vinaigrette

#### Makes 2 servings:

- Wash and dry **half the arugula**.
- Wash and dry the **mint**; pick the leaves off the stems.
- Serve the **prepared arugula** with the **finished fish and vegetables**.
- Garnish each serving with the **blood orange vinaigrette, mint leaves** (tearing before adding), and **parmesan cheese**.

### Italian Salmon & Couscous

with Calabrian Honey & Olives

#### Makes 2 servings:

- Pit and roughly chop the **olives**.
- Heat the **finished fish and couscous** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **Calabrian honey** and **chopped olives**.

### Chicken & Arugula Salad

with Marinated Vegetables & Balsamic Ranch

#### Makes 2 servings:

- Wash and dry the **remaining arugula**.
- Roughly chop the **pistachios**.
- Roughly chop the **pickled peppers**.
- Serve the **prepared arugula** with the **finished chicken and vegetables**.
- Garnish each serving with the **balsamic ranch, chopped pistachios, and chopped peppers**.

### Sautéed Chicken & Lemon Labneh

with Vegetable Couscous, Feta & Almonds

#### Makes 2 servings:

- Heat the **finished chicken and couscous** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving the **lemon labneh and almonds**.

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#### SHAWARMA SALMON & VEGETABLES



3 - 11

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 3-11 Points. Scan the barcode to see yours!



6 44216 10035 4

#### ITALIAN SALMON & COUSCOUS



12 - 18

PersonalPoints™  
range per serving

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6 44216 10045 3

#### CHICKEN & ARUGULA SALAD



7 - 10

PersonalPoints™  
range per serving

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6 44216 10455 0

#### SAUTÉED CHICKEN & LEMON LABNEH



12 - 15

PersonalPoints™  
range per serving

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6 44216 10665 3

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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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