



Smoky-Spiced Pork & Vegetables



Spicy Green Goddess Chicken



Mexican Pork & Rice



Guajillo-Honey Chicken

MEAL PREP Wellness Bundle



See last page for details

Chicken & Pork

2 servings of each:

Smoky-Spiced Pork & Vegetables
with Spicy Maple Mustard

Spicy Green Goddess Chicken
with Kale Salad & Pickled Peppers

Mexican Pork & Rice
with Roasted Vegetables & Chipotle-Lime Yogurt

Guajillo-Honey Chicken
with Rice, Vegetables & Guacamole

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

Main Cooking Ingredients

For All Recipes

18 oz
Chopped
Chicken Breast4
Boneless,
Center-Cut Pork
Chops1 1/8 cups
Brown Rice2
Red Onions2
Poblano
Peppers2
Bell Peppers1 1/2 lbs
Sweet Potatoes2 cloves
Garlic3/4 lb
Kale5 oz
Baby Spinach1/4 cup
Cilantro Sauce1 Tbsp
Mexican Spice
Blend¹1 Tbsp
Smoky Spice
Blend²1 Tbsp
Weeknight Hero
Spice Blend³

Sauce Ingredients

Smoky-Spiced Pork & Vegetables with Spicy Maple Mustard

1 Tbsp
Dijonnaise1 1/2 Tbsps
Spicy Maple
Syrup

Mexican Pork & Rice with Roasted Vegetables & Chipotle-Lime Yogurt

1
Lime1/2 cup
Plain Nonfat
Greek Yogurt2 tsps
Chipotle Chile
Paste

Spicy Green Goddess Chicken with Kale Salad & Pickled Peppers

1 Tbsp
Hot Sauce3 Tbsps
Green Goddess
Dressing

Guajillo-Honey Chicken with Rice, Vegetables & Guacamole

2 tsps
Honey1/3 cup
Guajillo Chile
Pepper Sauce

Finishing Touches

Smoky-Spiced Pork & Vegetables with Spicy Maple Mustard

2 Tbsps
Roasted
Pistachios

Mexican Pork & Rice with Roasted Vegetables & Chipotle-Lime Yogurt

1 oz
Sliced Pickled
Jalapeño Pepper2 Tbsps
Raw Pepitas

Spicy Green Goddess Chicken with Kale Salad & Pickled Peppers

1/2 oz
Pickled
Peppadew
Peppers

Guajillo-Honey Chicken with Rice, Vegetables & Guacamole

2 Tbsps
Grated Cotija
Cheese1/4 cup
Guacamole

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
 2. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
 3. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



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.
- Medium dice the **sweet potatoes**. Halve, peel, and medium dice the **onions**. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Separate the **kale** leaves from the stems; roughly chop the leaves. Peel and roughly chop **2 cloves of garlic**. Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.



Roast the vegetables

- Line a sheet pan with foil.
- Place the **diced sweet potatoes** on one side of the sheet pan. Place the **diced onions** and **diced poblano peppers** on the other side. Drizzle with **olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.
- Transfer the **roasted sweet potatoes** to a large bowl.



Cook & finish the rice

- Meanwhile, in a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.
- Stir in the **spinach**, **cilantro sauce**, and **roasted onions and poblano peppers** until combined and the spinach is wilted. Taste, then season with salt and pepper if desired.



Cook & slice the pork

- Meanwhile, pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **smoky spice blend** to coat (you may have extra). Season the **remaining pork chops** on both sides with salt, pepper, and enough of the **Mexican spice blend** 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. Wipe out the pan.



Cook the chicken

- 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 the same pan, 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.
- Wipe out the pan.



Cook & finish the remaining vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced bell peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **chopped kale** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale is slightly wilted. Add **½ cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Transfer to the bowl of **roasted sweet potatoes**; stir to combine. Taste, then season with salt and pepper if desired.

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



Spicy Maple Mustard

- Combine the **spicy maple syrup** and **dijonnaise**. Taste, then season with salt and pepper if desired.



Chipotle-Lime Yogurt

- Wash and dry the **lime**; halve crosswise.
- Combine the **yogurt**, the **juice of 1 lime half** (you will have extra), 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.



Spicy Green Goddess Dressing

- In a bowl, combine the **green goddess dressing** and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



Guajillo Honey

- In a bowl, combine the **guajillo sauce** and **honey** (kneading the packet before opening). Taste, then season with salt and pepper if desired.

Smoky-Spiced Pork & Vegetables

with Spicy Maple Mustard

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetables**
- 1 **sliced smoky-spiced pork chop**

Transfer the **spicy maple mustard** to 2 small containers.

Mexican Pork & Rice

with Roasted Vegetables & Chipotle-Lime Yogurt

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished rice**
- 1 **sliced Mexican-spiced pork chop**

Transfer the **chipotle-lime yogurt** to 2 small containers.

Spicy Green Goddess Chicken

with Kale Salad & Pickled Peppers

Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **spicy green goddess dressing** to 2 small containers.

Guajillo-Honey Chicken

with Rice, Vegetables & Guacamole

Makes 2 servings:

For each serving, in a large container combine:

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

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

Smoky-Spiced Pork & Vegetables



Spicy Green Goddess Chicken



Mexican Pork & Rice



Guajillo-Honey Chicken



Smoky-Spiced Pork & Vegetables

with Spicy Maple Mustard

Makes 2 servings:

- Roughly chop the **pistachios**.
- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy maple mustard** and **chopped pistachios**.

Mexican Pork & Rice

with Roasted Vegetables & Chipotle-Lime Yogurt

Makes 2 servings:

- Roughly chop the **pepitas**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- Heat the **finished pork and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **chipotle-lime yogurt**, **chopped pepitas**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be.

Spicy Green Goddess Chicken

with Kale Salad & Pickled Peppers

Makes 2 servings:

- Roughly chop the **peppadew peppers**.
- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy green goddess dressing** and **chopped peppadew peppers**.

Guajillo-Honey Chicken

with Rice, Vegetables & Guacamole

Makes 2 servings:

- Heat the **finished chicken and rice** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **guajillo honey**, **guacamole**, and **cotija**.

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SMOKY-SPICED PORK & VEGETABLES



9-13

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 9-13 Points. Scan the barcode to see yours!



6 44216 10675 2

MEXICAN PORK & RICE



5-12

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 5-12 Points. Scan the barcode to see yours!



6 44216 10685 1

SPICY GREEN GODDESS CHICKEN



6-12

PersonalPoints™
range per serving

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6 44216 10695 0

GUAJILLO-HONEY CHICKEN



5-14

PersonalPoints™
range per serving

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6 44216 10705 6

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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.

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