



Shrimp  
Lettuce Cups

Yuzu-Honey Chicken  
Lettuce Cups

Creamy Calabrian  
Chicken

Oregano Shrimp &  
Farro



## MEAL PREP Wellness Bundle



See last page for details

## Chicken & Shrimp

2 servings of each:

**Shrimp Lettuce Cups**  
with Roasted Vegetables &  
Romesco Vinaigrette

**Yuzu-Honey Chicken  
Lettuce Cups**

with Roasted Bell Pepper &  
Sweet Potato

**Oregano Shrimp & Farro**  
with Currant Salsa Verde & Almonds

**Creamy Calabrian Chicken**  
with Vegetable Farro & Parmesan

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

## Main Cooking Ingredients

## For All Recipes

18 oz  
Boneless  
Chicken Breast  
Pieces18 oz  
Tail-On Shrimp<sup>1</sup>1 cup  
Semi-Pearled  
Farro1 ½ lbs  
Sweet Potatoes2  
Bell Peppers2  
Yellow Onions½ lb  
Mushrooms2 cloves  
Garlic5 oz  
Baby Spinach1 bunch  
Sage¾ cup  
Mirepoix1 Tbsp  
Weeknight Hero  
Spice Blend<sup>2</sup>1 tsp  
Whole Dried  
Oregano

## Sauce Ingredients

## Shrimp Lettuce Cups with Roasted Vegetables &amp; Romesco Vinaigrette

3 Tbsps  
Romesco Sauce<sup>3</sup>1 Tbsp  
Sherry Vinegar

## Oregano Shrimp &amp; Farro with Currant Salsa Verde &amp; Almonds

⅓ cup  
Salsa Verde2 Tbsps  
Dried Currants

## Yuzu-Honey Chicken Lettuce Cups with Roasted Bell Pepper &amp; Sweet Potato

1 Tbsp  
Honey1 Tbsp  
Yuzu Kosho1 Tbsp  
Sesame Oil

## Creamy Calabrian Chicken with Vegetable Farro &amp; Parmesan

2 Tbsps  
Crème Fraîche1 ½ tps  
Calabrian Chile  
Paste

## Finishing Touches

## Shrimp Lettuce Cups with Roasted Vegetables &amp; Romesco Vinaigrette

1 head  
Butter Lettuce2 Tbsps  
Roasted  
Pistachios

## Oregano Shrimp &amp; Farro with Currant Salsa Verde &amp; Almonds

½ oz  
Sweet Drop  
Peppers2 Tbsps  
Sliced Roasted  
Almonds

## Yuzu-Honey Chicken Lettuce Cups with Roasted Bell Pepper &amp; Sweet Potato

1 head  
Butter Lettuce1 tsp  
Black & White  
Sesame Seeds

## Creamy Calabrian Chicken with Vegetable Farro &amp; Parmesan

1 oz  
Balsamic-Marinated  
Cipolline Onions¼ cup  
Grated Parmesan  
Cheese

1. peeled &amp; deveined

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

3. contains almonds



### Prepare the ingredients

- Place an oven rack in the center of the oven; preheat 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.
- Medium dice the **sweet potatoes**. Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then large dice. Halve, peel, and large dice the **onions**. Peel and roughly chop **2 cloves of garlic**. Thinly slice the **mushrooms**. Pick the **sage** leaves off the stems; thinly slice the leaves.



### Roast the vegetables

- Line a sheet pan with foil.
- Transfer the **diced sweet potatoes**, **diced bell peppers**, and **diced onions** to the foil. 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 lightly browned and tender when pierced with a fork.
- Remove from the oven.



### Cook the farro

- Meanwhile, add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.





### Cook the shrimp

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt, pepper, and the **oregano**. Stir 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 shrimp** and **chopped garlic**. Cook, stirring occasionally, 4 to 5 minutes, or until the shrimp are opaque and cooked through.
- Transfer to a plate.
- Wipe out the pan.



### Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. Stir 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 the remaining vegetables & finish the farro

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **sliced sage** and **mirepoix**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Turn off the heat.
- Transfer the to the pot of **cooked farro**. Drizzle with **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.



## Make the Sauces



## Romesco Vinaigrette

- Combine the **romesco sauce**, **vinegar**, and **1 teaspoon of olive oil**. Taste, then season with salt and pepper if desired.



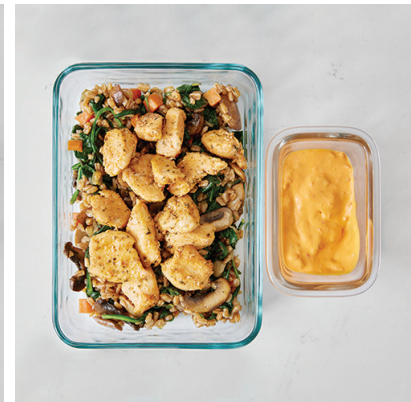
## Currant Salsa Verde

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



## Yuzu-Honey Sauce

- Combine the **yuzu kosho**, **honey** (kneading the packet before opening), and **sesame oil**. Taste, then season with salt and pepper if desired.



## Creamy Calabrian Sauce

- Combine the **crème fraîche** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

## Assemble + Store



## Shrimp Lettuce Cups

with Roasted Vegetables & Romesco Vinaigrette

## Makes 2 servings:

For each serving, in a large container combine:

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

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

## Oregano Shrimp &amp; Farro

with Currant Salsa Verde & Almonds

## Makes 2 servings:

For each serving, in a large container combine:

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

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

## Yuzu-Honey Chicken Lettuce Cups

with Roasted Bell Pepper & Sweet Potato

## Makes 2 servings:

For each serving, in a large container combine:

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

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

## Creamy Calabrian Chicken

with Vegetable Farro & Parmesan

## Makes 2 servings:

For each serving, in a large container combine:

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

Transfer the **creamy Calabrian sauce** to 2 small containers.





Shrimp Lettuce Cups

Yuzu-Honey Chicken Lettuce Cups

Oregano Shrimp & Farro

Creamy Calabrian Chicken

## Shrimp Lettuce Cups

with Roasted Vegetables & Romesco Vinaigrette

**Makes 2 servings:**

- Wash and dry **1 head of lettuce**. Cut off and discard the root end; separate the leaves.
- Roughly chop the **pistachios**.
- Heat the **finished shrimp and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Assemble each lettuce cup using **2 lettuce leaves** and the **shrimp and vegetables**.
- Garnish each serving with the **romesco vinaigrette** and **chopped pistachios**.

## Oregano Shrimp & Farro

with Currant Salsa Verde & Almonds

**Makes 2 servings:**

- Heat the **finished shrimp and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **currant salsa verde**, **almonds**, and **sweetie drop peppers**.

## Yuzu-Honey Chicken Lettuce Cups

with Roasted Bell Pepper & Sweet Potato

**Makes 2 servings:**

- Wash and dry the **remaining head of lettuce**. Cut off and discard the root end; separate the leaves.
- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Assemble each lettuce cup using **2 lettuce leaves** and the **chicken and vegetables**.
- Garnish each serving with the **yuzu-honey sauce** and **sesame seeds**.

## Creamy Calabrian Chicken

with Vegetable Farro & Parmesan

**Makes 2 servings:**

- Roughly chop the **cipolline onions**.
- Heat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy Calabrian sauce**, **parmesan**, and **chopped onions**.

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### SHRIMP LETTUCE CUPS



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### OREGANO SHRIMP & FARRO



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### YUZU-HONEY CHICKEN LETTUCE CUPS



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### CREAMY CALABRIAN CHICKEN



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