

Beef Bolognese Pasta

Pesto Chicken Sandwiches



## MEAL PREP Family Bundle

### Chicken & Beef

4 servings of each:

**Beef Bolognese Pasta**  
with Parmesan Cheese

**Pesto Chicken Sandwiches**  
with Calabrian-Honey Broccoli

### Let's get cooking

**ONE PREP. TWO MEALS READY FOR THOSE BUSY NIGHTS.** 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.



5 min

UNBOX + PLAN



60 min

PREP + COOK



5 min

FINISH + SERVE



These recipes were designed to reheat. See the Stop + Store section on the last page for more info.

Wine pairings available from [blueapron.com/wine](https://blueapron.com/wine)



FRUITY &  
Savory

Serve the chicken dish with Blue Apron wine that has this symbol based on its flavor profile.



LIGHT &  
BRIGHT

Serve the beef dish with Blue Apron wine that has this symbol based on its flavor profile.





## TOOLS YOU'LL NEED

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

## Shared Cooking Ingredients

## For Both Recipes

2  
Bell Peppers2  
Red Onions5 oz  
Baby Spinach2 ½ Tbsps  
Vegetable  
Demi-Glace2 Tbsps  
Red Wine  
Vinegar¼ tsp  
Crushed Red  
Pepper Flakes

## Pesto Chicken Sandwiches

4  
Boneless,  
Skinless Chicken  
Breasts4  
Small Baguettes1 lb  
Broccoli¼ cup  
Grated Romano  
Cheese4 oz  
Fontina Cheese4 tps  
Honey¼ cup  
Mayonnaise1 ½ tps  
Calabrian Chile  
Paste⅓ cup  
Basil Pesto1 tsp  
Whole Dried  
Oregano

## Beef Bolognese Pasta

18 oz  
Ground Beef¾ lb  
Lumaca Rigata  
Pasta¾ cup  
Mirepoix¼ cup  
Grated Parmesan  
Cheese¼ cup  
Cream1 8-oz can  
Tomato Sauce1 14.5-oz can  
Crushed Tomatoes1 Tbsp  
Italian  
Seasoning<sup>1</sup>

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme &amp; Marjoram

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005



## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then 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.
- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stems; cut the broccoli into small florets.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds. Thinly slice crosswise.
- Halve, peel, and thinly slice the **onions**.
- Thinly slice the **fontina**.
- In a bowl, combine the **mayonnaise** and **pesto**. Taste, then season with salt and pepper if desired.
- In a separate, large bowl, combine the **honey** (kneading the packet before opening) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



## 2 Roast & slice the chicken

- Line two sheet pans with foil.
- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **oregano**. Transfer to one sheet pan. Arrange in an even layer. Drizzle with **olive oil**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\* Remove from the oven; transfer to a cutting board. When cool enough to handle, slice crosswise.



## 3 Roast & dress the broccoli

- Meanwhile, transfer the **broccoli florets** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.
- Transfer to the bowl of **Calabrian honey**. Add the **romano**. Toss to combine. Taste, then season with salt and pepper if desired.



## 4 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 5 to 7 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving  $\frac{1}{2}$  cup of the **pasta cooking water**, drain thoroughly and return to the pot.



## 5 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **spinach**, **demi-glace** (carefully, as the liquid may splatter), **vinegar**, 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. Cook, stirring frequently, 1 to 2 minutes, or until combined and the spinach is wilted.
- Transfer to a bowl. Rinse and wipe out the pan.



## 6 Make the bolognese

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef**; season with salt, pepper, and the **Italian seasoning**. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- Add the **mirepoix**. Cook, stirring occasionally, 2 to 3 minutes, or until combined.
- Add the **tomato sauce** (carefully, as the liquid may splatter), **crushed tomatoes**, and **half the cooked vegetables**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the sauce is slightly thickened.
- Transfer to the pot of **cooked pasta**. Add the **heavy cream** and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining pasta cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.



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



Pesto Chicken  
Sandwiches

Beef Bolognese Pasta

## Pesto Chicken Sandwiches

### 📦 STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Finish & serve the sandwiches

- Halve the **baguettes** lengthwise.
- Transfer the **halved baguettes** to a sheet pan, cut side up. Drizzle with **olive oil**; season with salt and pepper. Evenly top the bottom halves with the **sliced fontina**. Toast in the oven 5 to 7 minutes, or until the cheese is melted and the bread is toasted. Transfer to a work surface.
- Assemble the sandwiches using the **toasted baguettes**, **sliced chicken**, **remaining cooked vegetables**, and **pesto mayo**.
- Serve the **sandwiches** with the **dressed broccoli** on the side. Enjoy!

### 🔥 REHEATING INSTRUCTIONS

If you saved the sandwiches for later, preheat the oven to 450°F. Reheat the **finished chicken**, **vegetables**, and **broccoli** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

## Beef Bolognese Pasta

### 📦 STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Serve the bolognese

- Serve the **finished pasta** garnished with the **parmesan**. Enjoy!

### 🔥 REHEATING INSTRUCTIONS

If you saved the pasta for later, reheat the **finished pasta** in the microwave 1 to 2 minutes, or until heated through. Serve as directed.