



Chicken, Cheddar & Pepper Sandwiches

Cheesy Pork Sausage Bake



MEAL PREP Family Bundle

Chicken & Pork

4 servings of each:

Chicken, Cheddar & Pepper Sandwiches
with Green Goddess-Dressed Salad

Cheesy Pork Sausage Bake
with Rice & Crispy Onions

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



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



Serve the pork 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, 1 Sheet Pan, 1 Large Nonstick Pan, 1 Large Baking Dish

Shared Cooking Ingredients

For Both Recipes

2
Poblano
Peppers2
Sweet or Yellow
Onions5 oz
Baby Spinach $\frac{1}{4}$ cup or 6 oz
Tomato Paste2 $\frac{1}{2}$ Tbsps
Chicken Demi-
Glaze2 Tbsps
Sherry Vinegar

Chicken, Cheddar & Pepper Sandwiches

4
Boneless,
Skinless Chicken
Breasts4
Small Baguettes $\frac{1}{2}$ lb
Grape Tomatoes2
Romaine Lettuce
Hearts $\frac{1}{4}$ cup
Grated
Parmesan
Cheese4 oz
White Cheddar
Cheese $\frac{1}{4}$ cup
Ranch Dressing $\frac{1}{4}$ cup
Green Goddess
Dressing3 oz
Pickle Chips1 oz
Sweetie Drop
Peppers2 Tbsps
Sliced Roasted
Almonds1 Tbsp
Southern Spice
Blend¹

Cheesy Pork Sausage Bake

20 oz
Hot Italian Pork
Sausage1 cup
Long Grain
White Rice1 bunch
Parsley2 Tbsps
Crème Fraîche4 oz
Shredded
Fontina Cheese1 $\frac{1}{2}$ tps
Calabrian Chile
Paste $\frac{1}{3}$ cup
Salsa Verde1 14.5-oz can
Crushed
Tomatoes $\frac{1}{3}$ cup
Crispy Onions¹. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

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).

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

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onions**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- Grate the **cheddar** on the large side of a box grater.



2 Roast & slice the chicken

- Line a sheet pan with foil.
- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **Southern spice blend**.
- Transfer to the sheet pan and arrange in an even layer. Drizzle with **olive oil**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, thinly slice crosswise.



3 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 onions** and **sliced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until lightly browned and softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Carefully add the **vinegar**, **tomato paste** (if you received 6 oz, use $\frac{1}{4}$ cup of the **tomato paste**), and **demi-glace**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined. Turn off the heat.



4 Make the rice bake

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a large baking dish, combine the **rice**, **crushed tomatoes**, **half the cooked vegetables**, $\frac{1}{3}$ cup of **water**, 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. Stir to thoroughly combine. Spread into an even layer.
- Evenly top with the **fontina**, then with the **sausage** (tearing into bite-sized pieces before adding). Tightly cover the baking dish with foil.
- Bake 40 to 45 minutes, or until the rice is tender and the sausage is cooked through.
- Leaving the oven on, remove from the oven and discard the foil.
- Return to the oven and bake 3 to 5 minutes, or until the sausage is lightly browned.
- Remove from the oven.



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



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Cheesy Pork Sausage Bake

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.
- Roughly chop the **lettuce**.
- Halve the **tomatoes**.
- Transfer the **halved baguettes** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Evenly top the baguette bottoms with the **grated cheddar**.
- Toast in the oven 5 to 7 minutes, or until the cheese is melted and bread is toasted. Transfer to a work surface.
- Assemble the sandwiches using the **toasted baguettes**, **sliced chicken**, **remaining cooked vegetables**, **pickles**, and **ranch dressing**.
- In a bowl, combine the **chopped lettuce**, **halved tomatoes**, **almonds**, **sweet drop peppers**, **parmesan**, and **green goddess dressing**. Toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **sandwiches** with the **salad** on the side. Enjoy!



REHEATING INSTRUCTIONS

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

Cheesy Pork Sausage Bake

Make the creamy salsa verde

- In a bowl, combine the **crème fraîche** and **salsa verde**. Season with salt and pepper.



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 bake

- Roughly chop the **parsley** leaves and stems.
- Serve the **sausage and rice bake** drizzled with the **creamy salsa verde**. Garnish with the **crispy onions** and **chopped parsley**. Enjoy!



REHEATING INSTRUCTIONS

If you saved the dish for later, reheat the **sausage bake** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.