



Curry Pork & Vegetables



Spicy Orange Salmon



Pork & Cilantro Sour Cream



Mexican Salmon & Quinoa



## MEAL PREP Wellness Bundle



See last page for details

## Salmon & Pork

2 servings of each:

**Curry Pork & Vegetables**  
with Achaar Yogurt & Coconut Chips

**Spicy Orange Salmon**  
with Roasted Vegetables & Sesame Seeds

**Pork & Cilantro Sour Cream**  
with Vegetable Quinoa & Pepitas

**Mexican Salmon & Quinoa**  
with Creamy Tomatillo Salsa

## 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 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, Strainer, 1 Medium Pot,  
2 Sheet Pans, 1 Large Nonstick Pan

## Main Cooking Ingredients

## For All Recipes

4  
Skin-On Salmon  
Fillets4  
Boneless,  
Center-Cut Pork  
Chops1 cup  
Tricolor Quinoa1 head  
Romanesco  
Cauliflower2 cloves  
Garlic2  
Poblano  
Peppers¾ lb  
Carrots2  
Red Onions2  
Bell Peppers5 oz  
Baby Spinach2 Tbsps  
Red Wine  
Vinegar1 Tbsp  
Weeknight Hero  
Spice Blend<sup>1</sup>1 Tbsp  
Mexican Spice  
Blend<sup>2</sup>1 Tbsp  
Togarashi  
Seasoning<sup>3</sup>2 tsps  
Vadouvan Curry  
Powder

## Sauce Ingredients

## Curry Pork &amp; Vegetables with Achaar Yogurt &amp; Coconut Chips

2 Tbsps  
Tomato Achaar½ cup  
Plain Nonfat  
Greek Yogurt

## Pork &amp; Cilantro Sour Cream with Vegetable Quinoa &amp; Pepitas

¼ cup  
Cilantro Sauce¼ cup  
Sour Cream

## Spicy Orange Salmon with Roasted Vegetables &amp; Sesame Seeds

2 Tbsps  
Orange  
Marmalade1 Tbsp  
Sambal Oelek

## Mexican Salmon &amp; Quinoa with Creamy Tomatillo Salsa

2 Tbsps  
Crème Fraîche½ cup  
Tomatillo-  
Poblano Sauce

## Finishing Touches

## Curry Pork &amp; Vegetables with Achaar Yogurt &amp; Coconut Chips

1 oz  
Sweetened  
Toasted  
Coconut Chips

## Pork &amp; Cilantro Sour Cream with Vegetable Quinoa &amp; Pepitas

1 oz  
Sliced Pickled  
Jalapeño Pepper2 Tbsps  
Raw Pepitas

## Spicy Orange Salmon with Roasted Vegetables &amp; Sesame Seeds

1 tsp  
Black & White  
Sesame Seeds

## Mexican Salmon &amp; Quinoa with Creamy Tomatillo Salsa

2 Tbsps  
Grated Cotija  
Cheese¼ cup  
Guacamole

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
 2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
 3. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



### 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.
- Cut out and discard the core of the **cauliflower**; cut into small florets. Halve and peel the **onions**; cut into 1-inch-wide wedges. Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces. Peel and roughly chop **2 cloves of garlic**. Cut off and discard the stems of the **bell peppers** and **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands, knife, and cutting board immediately after handling the poblano peppers.



### Roast the vegetables

- Line two sheet pans with foil.
- Transfer the **cauliflower florets**, **onion wedges**, and **carrot pieces** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat and arrange in an even layer.
- Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



### Roast the fish

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

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





### Cook the quinoa

- Add the **quinoa** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### Cook & slice the pork

- Pat the **pork** dry with paper towels. Season **2 pork chops** on both sides with salt, pepper, and enough of the **curry powder** to coat. Season the **remaining pork chops** with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork chops. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.
- Wipe out the pan.



### Cook the vegetables & finish the quinoa

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced bell and poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **spinach** and **vinegar**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted. Turn off the heat.
- Transfer the **cooked vegetables** to the pot of **cooked quinoa**. Drizzle with **olive oil** and 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.



**Achaar Yogurt**

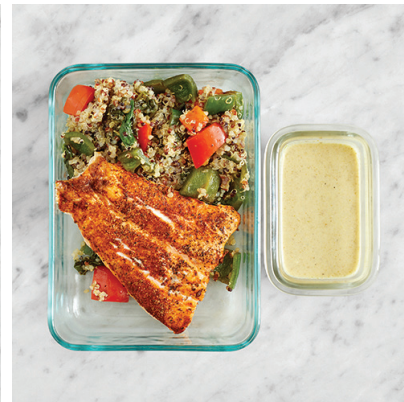
- Combine the **tomato achaar** and **yogurt**. Taste, then season with salt and pepper if desired.

**Cilantro Sour Cream**

- Combine the **cilantro sauce** and **sour cream**. Taste, then season with salt and pepper if desired.

**Spicy Orange Dressing**

- Combine the **orange marmalade**, **1 teaspoon of olive oil**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

**Creamy Tomatillo Salsa**

- Combine the **tomatillo sauce** and **crème fraîche**. Taste, then season with salt and pepper if desired.

**Curry Pork & Vegetables**

with Achaar Yogurt &amp; Coconut Chips

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **roasted vegetables**
- **1 sliced vadouvan-spiced pork chop**

Transfer the **achaar yogurt** to 2 small containers.

**Pork & Cilantro Sour Cream**

with Vegetable Quinoa &amp; Pepitas

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **finished vegetable quinoa**
- **1 sliced plain pork chop**

Transfer the **cilantro sour cream** to 2 small containers.

**Spicy Orange Salmon**

with Roasted Vegetables &amp; Sesame Seeds

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **roasted vegetables**
- **1 togarashi-seasoned fish fillet**

Transfer the **spicy orange dressing** to 2 small containers.

**Mexican Salmon & Quinoa**

with Creamy Tomatillo Salsa

**Makes 2 servings:**

For each serving, in a large container combine:

- $\frac{1}{4}$  **finished vegetable quinoa**
- **1 Mexican-spiced fish fillet**

Transfer the **creamy tomatillo salsa** to 2 small containers.



Curry Pork &amp; Vegetables



Spicy Orange Salmon



Pork &amp; Cilantro Sour Cream



Mexican Salmon &amp; Quinoa

**Curry Pork & Vegetables**

with Achaar Yogurt &amp; Coconut Chips

**Makes 2 servings:**

- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **achaar yogurt** and **coconut chips**.

**Pork & Cilantro Sour Cream**

with Vegetable Quinoa &amp; Pepitas

**Makes 2 servings:**

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

**Spicy Orange Salmon**

with Roasted Vegetables &amp; Sesame Seeds

**Makes 2 servings:**

- Heat the **finished fish and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **spicy orange dressing** and **sesame seeds**.

**Mexican Salmon & Quinoa**

with Creamy Tomatillo Salsa

**Makes 2 servings:**

- Heat the **finished fish and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy tomatillo salsa**, **guacamole**, and **cotija**.

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**CURRY PORK & VEGETABLES****9 - 10**PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 9-10 Points. Scan the barcode to see yours!



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**PORK & CILANTRO SOUR CREAM****10 - 14**PersonalPoints™  
range per serving

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**SPICY ORANGE SALMON****3 - 10**PersonalPoints™  
range per serving

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**MEXICAN SALMON & QUINOA****7 - 18**PersonalPoints™  
range per serving

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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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