



Turkey Chili



Chicken & Romesco
Farro Bowl



MEAL PREP Wellness Bundle



See next page for details

Turkey & Chicken

4 servings of each:

Turkey Chili

with Cilantro Yogurt & Cotija

Chicken & Romesco Farro Bowl

Lemon Labneh & Feta

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 turkey dish with Blue Apron wine that has this symbol based on its flavor profile.



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

TOOLS YOU'LL NEED
Knife, Cutting Board, Mixing Bowls, Spatula, Wooden Spoon, Strainer, 1 Medium Pot, 1 Sheet Pan, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Bell Peppers



2
Red Onions



2 oz
Sliced Roasted
Red Peppers



¼ cup
Tomato Paste



2 Tbsps
Red Wine
Vinegar

Turkey Chili



18 oz
Ground Turkey



1 15.5-oz can
Black Beans



½ lb
Grape Tomatoes



2 Tbsps
Grated Cotija
Cheese



½ cup
Plain Nonfat
Greek Yogurt



¾ cup
Mirepoix



¼ cup
Cilantro Sauce



¾ cup
Guajillo Chile
Pepper Sauce



2 ½ Tbsps
Chicken
Demi-Glace



1 Tbsp
Mexican Spice
Blend¹

Chicken & Romesco Farro Bowl



4
Boneless,
Skinless Chicken
Breasts



1 cup
Semi-Pearled
Farro



1
Lemon



2 Tbsps
Dried Currants



1 Tbsp
Capers



1 bunch
Mint



¼ cup
Labneh Cheese



3 oz
Feta Cheese



¼ cup
Roasted
Pistachios



6 Tbsps
Romesco Sauce²



1 Tbsp
Shawarma Spice
Blend³

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

2. contains almonds

3. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

WW Member? Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

TURKEY CHILI



6 - 8

PersonalPoints™
range per serving



6 44216 11085 8

CHICKEN & ROMESCO FARRO BOWL



11 - 14

PersonalPoints™
range per serving



6 44216 11075 9

Now your Points value is personalized to YOU! Scan the barcodes to see yours!

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

- 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 off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and medium dice the **onions**.
- Roughly chop the **roasted peppers**.
- Halve the **tomatoes**.
- Drain and rinse the **beans**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **labneh** and **the juice of 2 lemon wedges**. Season with salt and pepper.
- In a separate bowl, combine the **yogurt** and **cilantro sauce**. Taste, then season with salt and pepper if desired.



2 Cook the farro

- 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.



3 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 **shawarma spice blend**.
- Transfer to the sheet pan.
- Roast 19 to 21 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



4 Cook the vegetables

- Meanwhile, in a large, high sided pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced bell peppers** and **diced onions**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Add the **tomato paste**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **vinegar** and **chopped roasted peppers**. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined.
- Transfer to a bowl.
- Rinse and wipe out the pan.



5 Make the chili

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**; season with salt, pepper, and the **Mexican spice blend**. Cook, stirring frequently and breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned.
- Add the **mirepoix**, **halved tomatoes**, and **half the cooked vegetables**. Cook, stirring occasionally and pressing down on the tomatoes with the back of a spoon, 3 to 4 minutes, or until the tomatoes are broken down and the turkey is cooked through.
- Add the **drained beans**, **guajillo sauce**, **demi-glaze**, and $\frac{3}{4}$ **cup of water**. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly thickened.
- 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.



Turkey Chili

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 chili

- Serve the **finished chili** topped with **cilantro yogurt** and **cotija**. Enjoy!

REHEATING INSTRUCTIONS

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

Chicken & Romesco Farro Bowl

Finish the farro

- To the pot of **cooked farro**, add the **romesco sauce**, **currants**, **capers**, **remaining cooked vegetables**, and the **juice of the remaining lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.

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 farro bowls

- Roughly chop the **pistachios**.
- Pick the **mint** leaves off the stems.
- Serve the **finished farro** topped with the **sliced chicken**. Garnish with the **chopped pistachios**, **mint leaves** (tearing just before adding), **feta** (crumbling before adding), and **lemon labneh**. Enjoy!

REHEATING INSTRUCTIONS

If you saved the farro bowl for later, reheat the **finished chicken and farro** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.