



Sweet & Spicy Salmon

Chicken & Vegetable Curry

Your meal may look different due to ingredient tweaks



MEAL PREP Wellness Bundle



See next page for details

Chicken & Salmon

4 servings of each:

Chicken & Vegetable Curry
with Lime Labneh

Sweet & Spicy Salmon
with Roasted Brussels Sprouts & Sweet Potatoes

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 salmon 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, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes

1
Bell Pepper1
Red Onion1
Lime3 Tbsps
Asian-Style
Sautéed
Aromatics2 Tbsps
Coconut
Aminos² $\frac{1}{4}$ tsp
Crushed Red
Pepper Flakes

Sweet & Spicy Salmon

4
Skin-On Salmon
Fillets1 lb
Sweet Potatoes1 lb
Brussels Sprouts1 Tbsp
Sambal Oelek1 Tbsp
Sesame Oil4 tsps
Honey $\frac{1}{4}$ cup
Roasted Peanuts1 tsp
Black & White
Sesame Seeds1 Tbsp
Togarashi
Seasoning¹

Chicken & Vegetable Curry

18 oz
Boneless
Chicken Breast
Pieces1 15.5-oz can
Chickpeas5 oz
Baby Spinach3 Tbsps
Golden Raisins $\frac{1}{4}$ cup
Labneh Cheese $\frac{1}{4}$ cup
Cream $\frac{1}{4}$ cup
Tomato Paste $\frac{1}{4}$ cup
Tomato Achaar1 13.5-oz can
Light Coconut
Milk2 tsps
Vadouvan Curry
Powder

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

2. seasoning sauce

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.

SWEET & SPICY SALMON



7 - 16

PersonalPoints[™]
range per serving

7 93888 14095 0

CHICKEN & VEGETABLE CURRY



11 - 16

PersonalPoints[™]
range per serving

7 93888 14105 6

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

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Medium dice the **sweet potatoes**.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice.
- Halve the **lime**.
- In a bowl, combine the **honey** (kneading the packet before opening) and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.
- In a separate bowl, combine the **labneh** and **the juice of 1 lime half**. Taste, then season with salt and pepper if desired.
- Drain and rinse the **chickpeas**.

**2 Roast the brussels sprouts & sweet potatoes**

- Line two sheet pans with foil.
- Transfer the **halved brussels sprouts** and **diced sweet potatoes** to one sheet pan. Drizzle with **olive oil**; 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.
- Transfer to a large bowl.

**3 Roast the fish**

- Meanwhile, pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **togarashi**.
- Transfer to the remaining sheet pan, skin side down.
- Roast 12 to 15 minutes, or until cooked through.*
- Remove from the oven.

**4 Cook the chicken**

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **curry powder**; 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 chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Cook, stirring occasionally, 3 to 4 minutes, or until cooked through.
- Transfer to a plate.
- Wipe out the pan.

**5 Cook the remaining vegetables**

- To the same pan, add the **sliced onion, sliced pepper, and sautéed aromatics**; season with salt and pepper. Cook on medium-high, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **coconut aminos** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until combined. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted brussels sprouts and sweet potatoes**; add the **sesame oil, sesame seeds, and the juice of the remaining lime half**. Toss to combine. Taste, then season with salt and pepper if desired.

**6 Make the curry**

- To the pan of **remaining cooked vegetables**, add the **tomato paste and tomato achaar**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **coconut milk** (carefully, as the liquid may splatter), **drained chickpeas, spinach, and raisins**. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the spinach is wilted and the liquid is reduced.
- Add the **cooked chicken and cream**. Cook, stirring occasionally, 1 to 2 minutes, or until combined and heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



Sweet & Spicy
SalmonChicken &
Vegetable
Curry

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ingredient tweaks

Sweet & Spicy Salmon

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 salmon

- Roughly chop the **peanuts**.
- Serve the **roasted fish** with the **roasted vegetables**. Top the fish with the **honey-sambal sauce** and **chopped peanuts**. Enjoy!

REHEATING INSTRUCTIONS

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

Chicken & Vegetable Curry

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 chicken curry

- Serve the **finished curry** drizzled with the **lime labneh**. Enjoy!

REHEATING INSTRUCTIONS

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