

Chicken & Salmon

4 servings of each:

Harissa-Honey **Chicken Skillet** with Couscous, Feta & Currants

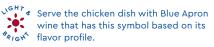
Roasted Salmon & White Bean Salad with Lemon Labneh & Almonds

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.



Wine pairings available from blueapron.com/wine





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



TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, Wooden Spoon, 1 Sheet Pan, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



Bell Peppers



2 oz Sliced Roasted **Red Peppers**



Red Onions



1/2 lb Grape Tomatoes



Baby Spinach



2 ½ Tbsps Vegetable Demi-Glace



2 Tbsps Red Wine Vinegar



Pepper Flakes

Harissa-Honey Chicken Skillet



18 07 Boneless Chicken Breast Pieces





1 Tbsp Capers



Couscous







Sweety Drop

3 oz





4 tsps

Roasted Salmon & White Bean Salad





1/3 CUD



2 15 5-oz cans

Cannellini Beans

1/4 CUD Sliced Roasted

Almonds



Peppadew **Peppers**



1 Tbsp Seasoning²



1/4 CUD Labneh Cheese



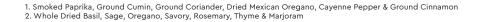


1½ Tbsps Red Harissa Paste



2 Tbsps

1 Tbsp Spanish Spice Blend¹



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.

HARISSA-HONEY CHICKEN SKILLET







ROASTED SALMON & WHITE BEAN SALAD





Personal Points' range per serving



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

To learn more about the (NEW!) WW PersonalPointsTM 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.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.



- · Halve, peel, and medium dice the onions.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Halve the tomatoes.
- Quarter and deseed the lemon.
- In a bowl, combine the labneh and the juice of 2 lemon wedges. Season with salt and pepper.
- Drain and rinse the beans.

2 Roast the fish

- · Line a sheet pan with foil.
- Pat the fish dry with paper towels. Season on both sides with salt, pepper, and the Italian seasoning.
- Transfer to the sheet pan, skin side down.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

3 Cook the chicken

- Meanwhile, pat the chicken dry with paper towels; place in a bowl. Season with salt, pepper, and the Spanish spice blend; 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. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.
- · Wipe out the pan.



4 Cook the vegetables

- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the diced onions and diced bell peppers; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.



- Add the halved tomatoes; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the spinach, vinegar, demi-glace, roasted red peppers, 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 half the cooked vegetables to a large bowl.

5 Cook the couscous & finish the skillet

 To the pan of the remaining cooked vegetables, add the couscous, currants, and capers. Cook on mediumhigh, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.



- Add 2 cups of water (carefully, as the liquid may splatter); season with salt and
 - splatter); season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Tightly cover the pan with foil (or a lid) and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender.
- Add the harissa paste, honey (kneading the packet before opening), and cooked chicken. Stir to combine. Taste, then season with salt and pepper if desired.

6 Finish the salad

- To the bowl of cooked vegetables, add the drained beans, salsa verde, and the juice of the remaining lemon wedges.
 Toss to combine.
- Taste, then season with salt and pepper if desired.



Harissa-Honey Chicken Skillet



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 skillet

- Pick the mint leaves off the stems.
- Serve the finished skillet garnished with the feta (crumbling before adding), sweety drop peppers, and mint leaves (tearing just before adding). Enjoy!



REHEATING INSTRUCTIONS

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

Roasted Salmon & White Bean Salad



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 roasted salmon

- Roughly chop the pickled peppadew peppers.
- Serve the finished salad topped with the roasted fish. Garnish with the chopped peppadew peppers, almonds, and lemon labneh. Enjoy!



REHEATING INSTRUCTIONS

If you saved the roasted salmon for later, reheat the roasted fish and finished salad in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

