



Harissa-Honey
Chicken Skillet

Roasted
Salmon &
White Bean
Salad



MEAL PREP Wellness Bundle



See next page for details

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.



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 salmon 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

Shared Cooking Ingredients

For Both Recipes

2
Bell Peppers2 oz
Sliced Roasted
Red Peppers2
Red Onions1/2 lb
Grape Tomatoes5 oz
Baby Spinach2 1/2 Tbsps
Vegetable
Demi-Glaze2 Tbsps
Red Wine
Vinegar1/4 tsp
Crushed Red
Pepper Flakes

Harissa-Honey Chicken Skillet

18 oz
Boneless
Chicken Breast
Pieces1 cup
Yellow
Couscous1 oz
Sweetie Drop
Peppers1 bunch
Mint1 Tbsp
Capers2 Tbsps
Dried Currants3 oz
Feta Cheese4 tsps
Honey1 1/2 Tbsps
Spanish Harissa
Paste1 Tbsp
Spanish Spice
Blend¹

Roasted Salmon & White Bean Salad

4
Skin-On Salmon
Fillets2 15.5-oz cans
Cannellini Beans1 oz
Pickled
Peppadew
Peppers1/4 cup
Labneh Cheese1/3 cup
Salsa Verde1/4 cup
Sliced Roasted
Almonds1 Tbsp
Italian
Seasoning²1
Lemon

1. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

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



10 - 12

PersonalPoints™
range per serving

6 44216 11155 8

ROASTED SALMON & WHITE BEAN SALAD



7 - 16

PersonalPoints™
range per serving

6 44216 11163 7

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

022122, MP03

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 medium-high, 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 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.



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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), **sweet 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.