



Sweet & Spicy
Glazed Salmon

Mexican-Spiced
Turkey & Quinoa



MEAL PREP Wellness Bundle



See next page for details

Salmon & Turkey

4 servings of each:

Sweet & Spicy Glazed Salmon

with Potatoes, Peppers & Spinach

Mexican-Spiced Turkey & Quinoa

with Black Beans, Peppers & Peanuts

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

TOOLS YOU'LL NEED
Knife, Cutting Board, Mixing Bowls, Strainer, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Yellow or Red
Onions



2
Bell Peppers



5 oz
Baby Spinach



1 Tbsp
Honey



2 Tbsps
Rice Vinegar



¼ tsp
Crushed Red
Pepper Flakes

Sweet & Spicy Glazed Salmon



4
Skin-On Salmon
Fillets



1 ¼ lbs
Potatoes



1 Tbsp
Sambal Oelek



2 Tbsps
Soy Sauce



2 tps
Date Syrup



3 Tbsps
Sesame Ginger
Dressing



1 ½ Tbsps
Maple Syrup



2 Tbsps
Tahini



1 tsp
Black & White
Sesame Seeds

Mexican-Spiced Turkey & Quinoa



18 oz
Ground Turkey



1 cup
Tricolor Quinoa



2 15.5-oz cans
Black Beans



½ cup
Plain Nonfat
Greek Yogurt



1 Tbsp
Ancho Chile
Paste



⅓ cup
Tomatillo-
Poblano Sauce



5 Tbsps
Chicken
Demi-Glace



¼ cup
Roasted Peanuts



1 Tbsp
Mexican Spice
Blend¹

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

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 GLAZED SALMON



7 - 17

PersonalPoints™
range per serving



7 93888 14345 6

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

MEXICAN-SPICED TURKEY & QUINOA



8 - 15

PersonalPoints™
range per serving



7 93888 14335 7

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 & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven 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.
- Medium dice the **potatoes**.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice.
- Halve, peel, and thinly slice the **onions**.
- Drain and rinse the **beans**.
- In a bowl, combine the **sesame ginger dressing**, **tahini**, and **date syrup**; whisk to combine.
- In a separate bowl, combine the **tomatillo sauce** and **yogurt**; season with salt and pepper.
- To make the glaze, in a bowl, combine the **soy sauce**, **maple syrup**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like to dish to be.

**2 Roast the potatoes**

- Line two sheet pans with foil.
- Transfer the **diced potatoes** to one sheet pan. Drizzle with **olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 22 to 26 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.

**3 Roast & glaze the fish**

- Meanwhile, transfer **half the glaze** to a separate bowl and set aside.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the remaining sheet pan, skin side down. Drizzle with **olive oil**. Using a spoon or brush, evenly coat the **seasoned fish** with the **remaining glaze**.
- Roast 12 to 15 minutes, or until browned and cooked through.*
- Remove from the oven and carefully top with the **reserved glaze**.

**4 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. Add a drizzle of **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.

**5 Cook the vegetables**

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **spinach**, **vinegar**, **honey** (kneading the packet before opening), 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. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted potatoes**. Toss to combine. Taste, then season with salt and pepper if desired.
- Transfer the **remaining vegetables** to the pot of **cooked quinoa**. Stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.

**6 Cook the turkey & beans**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**; season with salt, pepper, and the **spice blend**. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, until lightly browned.
- Add the **drained beans**, **chile paste**, and **demi-glaze**. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and the turkey is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



Sweet & Spicy
Glazed SalmonMexican-Spiced
Turkey & Quinoa

Sweet & Spicy Glazed 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.

Serve the salmon

- Serve the **glazed fish** with the **finished potatoes and vegetables**. Drizzle the vegetables with the **sesame-tahini sauce**. Garnish with the **sesame seeds**. Enjoy!

REHEATING INSTRUCTIONS

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

Mexican-Spiced Turkey & Quinoa

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 turkey

- Roughly chop the **peanuts**.
- Serve the **cooked turkey and beans** over the **finished vegetable quinoa**. Drizzle with the **creamy tomatillo sauce**. Garnish with the **chopped peanuts**. Enjoy!

REHEATING INSTRUCTIONS

If you saved the dish for later, reheat the **turkey and vegetable quinoa** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.