

Za'atar Chicken & White Beans

Spicy Salmon & Vegetable Farro



MEAL PREP Wellness Bundle



See next page for details

Chicken & Salmon

4 servings of each:

Za'atar Chicken & White Beans
with Vegetables & Red Pepper Tzatziki

Spicy Salmon & Vegetable Farro
with Labneh & Cashews

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, Whisk, Spatula, Strainer, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans,
1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Bell Peppers



3/4 lb
Carrots



2
Yellow or Red
Onions



5 oz
Baby Spinach



1 Tbsp
Red Wine
Vinegar



1 Tbsp
Honey



1/4 tsp
Crushed Red
Pepper Flakes



1 Tbsp
Shawarma Spice
Blend¹

Za'atar Chicken & White Beans



4
Boneless,
Skinless Chicken
Breasts



2 15.5-oz cans
Cannellini Beans



1 oz
Sliced Roasted
Red Peppers



2 cloves
Garlic



1 bunch
Parsley



1/4 cup
Tomato Paste



1/2 cup
Tzatziki²



1 Tbsp
Capers



3 Tbsps
Golden Raisins



2 Tbsps
Sliced Roasted
Almonds



1 Tbsp
Za'atar
Seasoning³

Spicy Salmon & Vegetable Farro



4
Skin-On Salmon
Fillets



1 cup
Semi-Pearled
Farro



1 bunch
Mint



1
Navel Orange



1/4 cup
Labneh Cheese



2 Tbsps
Tomato Achaar



1 Tbsp
Sambal Oelek



2 tsps
Date Syrup



1/4 cup
Roasted
Cashews

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

2. cucumber-yogurt sauce

3. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole 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.

ZA'ATAR CHICKEN & WHITE BEANS



3 - 9

PersonalPoints™
range per serving



7 93888 14245 9

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

SPICY SALMON & VEGETABLE FARRO



11 - 18

PersonalPoints™
range per serving



7 93888 14255 8

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.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **carrots**. Halve lengthwise, then cut crosswise into 1-inch pieces.
- 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.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **beans**.
- Roughly chop the **roasted red peppers**; place in a bowl. Add the **tzatziki** and season with salt and pepper. Stir to combine.
- In a separate bowl, combine the **tomato achaar**, **date syrup**, 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, large bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Using a zester or the small side of a box grater, finely grate the **orange** to get 1 tablespoon. Halve the orange crosswise.
- Roughly chop the **cashews**.
- In a bowl, combine the **orange zest** and **chopped cashews**. Season with salt and pepper.

**2 Roast & dress the vegetables**

- Line two sheet pans with foil.
- Place the **spinach** in a bowl. Drizzle with **olive oil**; season with salt and pepper. Toss to coat.
- Transfer the **carrot pieces**, **diced onions**, and **diced bell peppers** to one sheet pan. Drizzle with **olive oil**; season with salt, pepper, and the **shawarma spice blend**. Toss to coat; arrange in an even layer.
- Roast 12 to 15 minutes, or until lightly browned and mostly tender when pierced with a fork.
- Leaving the oven on, remove from the oven. Carefully place the **seasoned spinach** on top of the **partially roasted vegetables**.
- Roast 3 to 4 minutes, or until the spinach is wilted and the vegetables are tender when pierced with a fork.
- Transfer to the bowl of **hot honey**; toss to combine. Taste, then season with salt and pepper if desired.

**3 Roast the fish**

- Meanwhile, transfer **half the achaar-date sauce** to a separate bowl and set aside.
- Pat the **fish** dry with paper towels. Season with salt and pepper.
- Transfer to the remaining sheet pan, skin side down. Evenly top with the **remaining achaar-date sauce**.
- Roast 12 to 15 minutes, or until browned and cooked through.*
- Remove from the oven. Evenly top with the **juice of 1 orange half** and the **reserved achaar-date sauce**.

**4 Cook & finish the farro**

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **juice of the remaining orange half**, **half the dressed vegetables**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.

**5 Cook & slice the chicken**

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **za'atar**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. When cool enough to handle, slice crosswise.

**6 Cook the beans**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **tomato paste**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Add the **drained beans**, **raisins**, **capers**, **remaining dressed vegetables**, and $\frac{1}{2}$ cup of **water**. Cook, stirring frequently, 1 to 2 minutes, or until combined and heated through.
- 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 and 145°F for fish.



Za'atar Chicken & White Beans

Spicy Salmon & Vegetable Farro

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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 za'atar chicken

- Roughly chop the **parsley** leaves and stems.
- Serve the **sliced chicken** with the **cooked beans and vegetables**. Garnish with the **red pepper tzatziki**, **almonds**, and **chopped parsley**. Enjoy!

REHEATING INSTRUCTIONS

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

Spicy Salmon & Vegetable Farro

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 spicy salmon

- Pick the **mint** leaves off the stems.
- Serve the **roasted fish** with the **vegetable farro**. Garnish with the **labneh**, **orange zest cashews** and **mint leaves** (tearing just before adding). Enjoy!

REHEATING INSTRUCTIONS

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