



Smoky-Spiced
Pork Chops

Roasted Chicken &
Pesto Red Rice



MEAL PREP Family Bundle

Chicken & Pork

4 servings of each:

Smoky-Spiced Pork Chops
with Cheesy Vegetable Spoonbread
& Roasted Asparagus

**Roasted Chicken &
Pesto Red Rice**
with Vegetables & 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 pork 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, Strainer, 1 Medium Pot, 1 Large Nonstick Pan, 2 Sheet Pans, 1 Baking Dish

Shared Cooking Ingredients

For Both Recipes

 $\frac{1}{2}$ lb
Mushrooms2
Yellow or Sweet
Onions2
Poblano
Peppers2 Tbsps
Apple Cider
Vinegar2 tsps
Honey $\frac{1}{4}$ tsp
Crushed Red
Pepper Flakes

Smoky-Spiced Pork Chops

4
Boneless,
Center-Cut Pork
Chops1 cup
Cornbread Mix $\frac{3}{4}$ lb
Asparagus1 oz
Sweety Drop
Peppers $\frac{1}{4}$ cup
Sour Cream4 oz
Shredded
Monterey Jack
Cheese $\frac{1}{4}$ cup
Barbecue Sauce $\frac{1}{4}$ cup
Mayonnaise1 Tbsp
Smoky Spice
Blend¹

Roasted Chicken & Pesto Red Rice

4
Boneless,
Skinless Chicken
Breasts1 cup
Red Rice Blend $\frac{1}{2}$ lb
Grape Tomatoes2 oz
Sliced Roasted
Red Peppers4 Tbsps
Crème Fraîche $\frac{1}{4}$ cup
Grated
Parmesan
Cheese $\frac{1}{3}$ cup
Basil Pesto2 Tbsps
Sliced Roasted
Almonds1 Tbsp
Weeknight Hero
Spice Blend²

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

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 Cook the rice

- Preheat the oven to 450°F.
- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

**2 Prepare the ingredients**

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **mushrooms**.
- Halve, peel, and thinly slice the **onions**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- Snap off and discard the tough, woody stem ends of the **asparagus**.

**3 Roast & slice the chicken**

- Line two sheet pans with foil.
- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **weeknight hero spice blend**. Transfer to one sheet pan. Arrange in an even layer.
- Roast 18 to 20 minutes, or until the chicken is browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

**4 Roast the asparagus**

- Transfer the **prepared asparagus** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 10 to 12 minutes, or until lightly browned and tender.
- Remove from the oven.

**5 Cook the vegetables**

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **diced onions, sliced poblano 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 occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **vinegar** and **honey** (kneading the packet before opening). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Divide the **cooked vegetables** between two large bowls.
- Rinse and wipe out the pan.

**6 Assemble & bake the spoonbread**

- To one bowl of **cooked vegetables**, add the **cornbread mix, sour cream, half the monterey jack, and $\frac{1}{3}$ cup of water**. Mix until just combined.
- Transfer to an 11-inch by 6-inch (or 8-inch square) baking dish and spread into an even layer. Top with the **remaining monterey jack**.
- Bake 17 to 19 minutes, or until the filling is just set (a toothpick inserted into the center should come out with a few moist crumbs).
- Remove from the oven and let stand at least 2 minutes before serving.

**7 Cook the pork**

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **smoky spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes. Once rested, slice crosswise.



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for pork.

Smoky-Spiced
Pork ChopsRoasted Chicken &
Pesto Red Rice

Smoky-Spiced Pork Chops



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 your dish

- In a bowl, combine the **barbecue sauce** and **mayonnaise**.
- Serve the **sliced pork** with the **spoonbread** and **roasted asparagus**. Top the pork with the **bbq mayo**. Garnish the asparagus with the **sweet drop peppers**. Enjoy!



REHEATING INSTRUCTIONS

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

Roasted Chicken & Pesto Red Rice

Finish the rice

- Halve the **tomatoes**.
- To the pot of **cooked rice**, add the **halved tomatoes**, **pesto**, **crème fraîche**, **roasted red peppers**, and **remaining cooked vegetables**; stir to combine. Taste, then season with salt and pepper if desired.



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 your dish

- Serve the **sliced chicken** with the **finished rice**. Garnish with the **parmesan** and **almonds**. Enjoy!



REHEATING INSTRUCTIONS

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