



Calabrian Pasta &
Pork Sausage Bake

Oregano Chicken &
Arugula Sandwiches



MEAL PREP Family Bundle

Sausage & Chicken

4 servings of each:

**Calabrian Pasta &
Pork Sausage Bake**
with Fontina & Ricotta Cheeses

**Oregano Chicken &
Arugula Sandwiches**
with Sherry-Parmesan Sauce

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, Wooden Spoon, Strainer, 1 Large Pot, 1 Large Baking Dish, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Bell Peppers



2
Yellow or Red
Onions



3/4 lb
Asparagus



1/2 lb
Grape Tomatoes



2 oz
Sliced Roasted
Red Peppers



1 Tbsp
Honey



2 Tbsps
Red Wine
Vinegar

Calabrian Pasta & Pork Sausage Bake



20 oz
Hot Italian
Pork Sausage



3/4 lb
Cavatappi
Pasta



1/4 cup
Panko
Breadcrumbs



1 bunch
Parsley



4 Tbsps
Crème Fraîche



4 oz
Shredded
Fontina Cheese



1 cup
Part-Skim
Ricotta Cheese



1/4 cup
Grated Romano
Cheese



1 1/2 tsps
Calabrian Chile
Paste



1 Tbsp
Capers

Oregano Chicken & Arugula Sandwiches



4
Boneless,
Skinless Chicken
Breasts



4
Small Baguettes



2 oz
Arugula



1 clove
Garlic



1/2 cup
Grated
Parmesan
Cheese



2 oz
Garlic & Herb
Spreadable
Butter



1/2 cup
Mayonnaise



2 Tbsps
Sherry Vinegar



1 oz
Sweetie Drop
Peppers



1/4 cup
Sliced Roasted
Almonds



1 tsp
Whole Dried
Oregano

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, then preheat to 450°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 2-inch pieces (keeping the pointed tips intact).
- Halve, peel, and thinly slice the **onions**.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **mayonnaise**, **sherry vinegar**, **half the parmesan**, and **as much of the garlic paste as you'd like**; season with salt and pepper.

**2 Bake the sausage**

- Place the **sausage** in a large baking dish (tearing into bite-sized pieces before adding).
- Bake 10 to 12 minutes, or until browned and cooked through.
- Leaving the oven on, remove from the oven.
- Carefully drain off and discard any excess oil.

**3 Roast & slice the chicken**

- Meanwhile, line a sheet pan with foil.
- Pat the **chicken** dry with paper towels. Transfer to the sheet pan. Season on both sides with salt, pepper, and the **oregano**. Top with the **remaining parmesan**.
- Roast 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

**4 Cook the pasta**

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 7 to 9 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Drain thoroughly and return to the pot.

**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 **asparagus pieces**, **sliced onions**, and **sliced bell peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **halved tomatoes**, **roasted red peppers**, **red wine vinegar**, and **honey** (kneading the packet before opening); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the vegetables are softened.
- Turn off the heat.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **cooked pasta**.



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



Pasta & Pork Sausage Bake

Finish the pasta & assemble the bake

- To the pot of **cooked pasta and vegetables**, add the **ricotta, crème fraîche, fontina, capers**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Stir until thoroughly combined. Taste, then season with salt and pepper if desired.
- Transfer the **finished pasta** to the baking dish of **cooked sausage**; stir to combine.



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 pasta bake

- Evenly top with the **breadcrumbs** and **romano**. Drizzle with **olive oil** and season with salt and pepper.
- Bake 9 to 11 minutes, or until the cheese is melted and the breadcrumbs are toasted. Remove from the oven and let stand at least 2 minutes before serving.
- Roughly chop the **parsley** leaves and stems.
- Serve the **finished pasta bake** garnished with the **chopped parsley**. Enjoy!



REHEATING INSTRUCTIONS

If you saved the dish for later, preheat the oven to 450°F. Finish and serve as directed, but bake 20 to 25 minutes.

Chicken & Arugula Sandwiches



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 sandwiches

- Remove the **spreadable butter** from the refrigerator to soften.
- Halve the **baguettes** lengthwise.
- Line a sheet pan with foil.
- Transfer the **halved baguettes** to the foil, cut side up. Evenly spread the **softened butter** onto the cut sides.
- Toast in the oven 5 to 7 minutes, or until lightly browned and the butter is melted. Transfer to a work surface.
- Assemble the sandwiches using the **toasted baguettes, sherry-parmesan sauce, sliced chicken, arugula**, and **sweet drop peppers**.
- Serve the **sandwiches** with the **remaining cooked vegetables** on the side. Garnish the vegetables with the **almonds**. Enjoy!



REHEATING INSTRUCTIONS

If you saved the dish for later, preheat the oven to 450°F. Reheat the **chicken** and **vegetables** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.