



Salmon &
Creamy Salsa
Verde

Spanish Pork &
Vegetable Farro



MEAL PREP Wellness Bundle



See next page for details

Salmon & Pork

4 servings of each:

**Salmon &
Creamy Salsa Verde**
with Potato & Arugula Salad

**Spanish Pork &
Vegetable Farro**
with Saffron Mayo & 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 salmon dish with Blue Apron wine that has this symbol based on its flavor profile.



Serve the pork dish with Blue Apron wine that has this symbol based on its flavor profile.

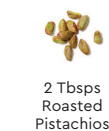
TOOLS YOU'LL NEED
Knife, Cutting Board, Mixing Bowls, Strainer, Spatula, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



Salmon & Creamy Salsa Verde



Spanish Pork & Vegetable Farro



1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

2. contains almonds

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

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.

SALMON & CREAMY SALSA VERDE



10 - 19

PersonalPoints™
range per serving



7 93888 14365 4

SPANISH PORK & VEGETABLE FARRO



13

PersonalPoints™
per serving



7 93888 14375 3

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



1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat 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.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut into $\frac{1}{2}$ -inch pieces (keeping the pointed tips intact).
- Halve, peel, and thinly slice the **onions**.
- Medium dice the **potatoes**.
- 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 **halved tomatoes**, **sherry vinegar**, and **as much of the garlic paste as you'd like**. Season with salt and pepper.
- Place the **saffron** in a bowl; add **2 teaspoons of hot water**. Set aside to steep (or bloom) at least 10 minutes.
- In a separate bowl, combine the **salsa verde** and **labneh**; season with salt and pepper.

**2 Cook the farro**

- Add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

**3 Roast the fish**

- Meanwhile, line two sheet pans with foil.
- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, the **weeknight hero spice blend**.
- Transfer to one sheet pan, skin side down.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

**4 Roast the potatoes**

- Transfer the **diced potatoes** to the remaining sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **oregano**. 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.

**5 Cook the pork**

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **Spanish spice blend**.
- In a large pan (nonstick, if you have one), 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.
- Wipe out the pan.

**6 Cook the vegetables**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **roasted red peppers**, **red wine vinegar**, 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, 1 to 2 minutes, or until combined and the vegetables are softened.
- Turn off the heat.



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



Salmon &
Creamy Salsa Verde



Spanish Pork &
Vegetable Farro



Salmon & Creamy Salsa Verde

Make the potato salad

- To the bowl of **roasted potatoes**, add the **olives**, **mustard**, **crème fraîche**, **arugula**, and **half the cooked vegetables**; season with salt and pepper. Stir until thoroughly combined and the arugula is wilted. 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.

Finish & serve the salmon

- Roughly chop the **pistachios**.
- Serve the **roasted fish** with the **potato salad**. Garnish the fish with the **creamy salsa verde** and **chopped pistachios**. Enjoy!



REHEATING INSTRUCTIONS

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

Spanish Pork & Vegetable Farro

Finish the farro

- Slice the **rested pork** crosswise.
- To the bowl of **bloomed saffron**, add the **mayonnaise**; season with salt and pepper. Stir to combine.
- To the pot of **cooked farro**, add the **romesco sauce**, **marinated tomatoes**, and **remaining cooked vegetables**; season with salt and pepper. 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 the pork

- Serve the **sliced pork** with the **finished vegetable farro**. Garnish with **saffron mayo** and **almonds**. Enjoy!



REHEATING INSTRUCTIONS

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