



Shawarma-Spiced Shrimp & Brown Rice

Italian Chicken & Spicy Ricotta



MEAL PREP Wellness Bundle



See next page for details

Chicken & Shrimp

4 servings of each:

Italian Chicken & Spicy Ricotta

with Asparagus, Snap Peas & Brussels Sprouts

Shawarma-Spiced Shrimp & Brown Rice

with Vegetables, Feta & Mint

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 shrimp 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, 1 Small Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes

2
Bell Peppers1
Red Onion2 oz
Sliced Roasted
Red Peppers¾ lb
Asparagus½ lb
Sugar Snap Peas1 ½ Tbsps
Maple Syrup¼ tsp
Crushed Red
Pepper Flakes

Italian Chicken & Spicy Ricotta

4
Boneless,
Skinless Chicken
Breasts½ lb
Brussels Sprouts1 oz
Sweet Drop
Peppers1 cup
Part-Skim
Ricotta Cheese¼ cup
Grated Parmesan
Cheese1 Tbsp
Calabrian Chile
Paste2 Tbsps
Sliced Roasted
Almonds1 Tbsp
Weeknight Hero
Spice Blend¹1 Tbsp
Italian
Seasoning²

Shawarma-Spiced Shrimp & Brown Rice

18 oz
Tail-On Shrimp³1 ½ cups
Brown Rice1 bunch
Mint1 ½ oz
Feta Cheese¼ cup
Labneh Cheese¼ cup
Green Goddess
Dressing¼ cup
Roasted
Pistachios1 Tbsp
Shawarma Spice
Blend⁴

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

2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

3. peeled & deveined

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

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.

ITALIAN CHICKEN & SPICY RICOTTA



5 - 9

PersonalPoints™
range per serving

7 93888 14495 8

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

SHAWARMA-SPICED SHRIMP & BROWN RICE



8 - 15

PersonalPoints™
range per serving

7 93888 14505 4

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

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut into 2-inch pieces (keeping the pointed tips intact).
- Pull off and discard the tough string that runs the length of each **snap pea** pod; halve the peas crosswise.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice.
- Halve, peel, and thinly slice the **onion**.

**2 Cook the rice**

- In a small pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

**3 Roast & slice the chicken**

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

**4 Roast the brussels sprouts**

- Transfer the **halved brussels sprouts** to the remaining sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.

**5 Cook the shrimp**

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl. Season with salt, pepper, and the **shawarma spice blend**. Stir to coat.
- In a large pan (nonstick, if you have one), heat a drizzle **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Transfer to a bowl.
- 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**, **halved peas**, **sliced bell peppers**, and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until softened.
- Add the **roasted red peppers**, **maple syrup**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.





Italian Chicken

Make the spicy ricotta & finish the vegetables

- In a bowl, combine the **ricotta** 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.
- To the bowl of **roasted brussels sprouts**, add the **parmesan** and **half the 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 the chicken

- Serve the **sliced chicken** with the **finished vegetables**. Top the chicken with the **spicy ricotta**. Garnish with the **almonds** and **sweet drop peppers**. Enjoy!



REHEATING INSTRUCTIONS

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

Shawarma-Spiced Shrimp

Chop the pistachios & make the creamy dressing

- Roughly chop the **pistachios**.
- In a bowl, combine the **labneh** and **green goddess dressing**. Season with salt and pepper.



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 shrimp

- Pick the **mint** leaves off the stems.
- Serve the **cooked shrimp** and **remaining cooked vegetables** over the **cooked rice**. Drizzle with the **creamy dressing**. Garnish with the **feta** (crumbling before adding), **chopped pistachios**, and **mint leaves** (tearing just before adding). Enjoy!



REHEATING INSTRUCTIONS

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