

Sweet & Spicy Turkey
Lettuce Cups



Guajillo & Date
Glazed Salmon



MEAL PREP Wellness Bundle

Turkey & Salmon

4 servings of each:

**Sweet & Spicy Turkey
Lettuce Cups**
with Rice, Vegetables &
Sesame Seeds

**Guajillo & Date
Glazed Salmon**
with Roasted Sweet Potatoes &
Cauliflower

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 turkey 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.



See next page for details



TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, Wooden Spoon, 2 Sheet Pans, 1 Medium Pot, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes

1
Red Onion2
Aloha Peppers1/2 lb
Mushrooms3 oz
Baby Spinach2 1/2 Tbsps
Vegetable
Demi-Glaze1 Tbsp
Rice Vinegar1/4 tsp
Crushed Red
Pepper FlakesSweet & Spicy Turkey
Lettuce Cups18 oz
Ground Turkey1 1/8 cups
Brown Rice2 heads
Butter Lettuce3 Tbsps
Asian-Style
Sautéed Aromatics2 tps
Honey1 Tbsp
Sambal Oelek2 Tbsps
Soy Sauce1 Tbsp
Sesame Oil1/4 cup
Roasted Peanuts1 tsp
Black & White
Sesame Seeds

Guajillo & Date Glazed Salmon

4
Skin-On Salmon
Fillets1 head
Cauliflower1 lb
Sweet Potatoes1/4 cup
Guacamole2 tps
Date Syrup1/3 cup
Guajillo Chile
Pepper Sauce2 Tbsps
Raw Pepitas1 Tbsp
Mexican Spice
Blend¹

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican 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.

SWEET & SPICY TURKEY LETTUCE CUPS



9 - 15

PersonalPoints™
range per serving

7 93888 14595 5

GUAJILLO & DATE GLAZED SALMON



4 - 12

PersonalPoints™
range per serving

7 93888 14605 1

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

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Thinly slice the **mushrooms**.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onion**.
- In a bowl, combine the **soy sauce, sesame oil, honey** (kneading the packet before opening), 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 bowl, combine the **guajillo sauce** and **date syrup**.

**2 Cook & finish the rice**

- In a medium 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. Stir in the **sautéed aromatics**. Taste, then season with salt and pepper if desired.

**3 Roast the sweet potatoes & cauliflower**

- Meanwhile, line two sheet pans with foil.
- Place the **diced sweet potatoes** and **cauliflower florets** on one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **Mexican spice blend**. Toss to coat and arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.

**4 Roast & glaze the fish**

- Meanwhile, transfer **half the guajillo-date glaze** to a separate bowl and set aside.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the remaining sheet pan, skin side down. Top with the **remaining glaze**.
- Roast 12 to 15 minutes, or until browned and cooked through.*
- Remove from the oven and carefully top with the **reserved glaze**.

**5 Cook the remaining vegetables**

- Meanwhile, 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 **sliced peppers** and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **spinach, vinegar, demi-glace,** 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 frequently, 1 to 2 minutes, or until combined and the spinach is wilted.
- Transfer to a large bowl.
- Rinse and wipe out the pan.

**6 Cook & finish the turkey**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- Add **half the cooked vegetables** and **half the sambal-soy sauce**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.





Turkey Lettuce Cups



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 turkey lettuce cups

- Wash and dry the **lettuce**. Cut off and discard the root ends of the lettuce; separate the leaves.
- Roughly chop the **peanuts**.
- Serve the **lettuce leaves**, **finished rice**, **finished turkey and vegetables**, **remaining sambal-soy sauce**, **chopped peanuts**, and **sesame seeds** separately. Assemble each cup using 2 lettuce leaves. Enjoy!



REHEATING INSTRUCTIONS

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

Guajillo & Date Glazed Salmon

Finish the vegetables

- To the bowl of **remaining cooked vegetables**, add the **roasted sweet potatoes and cauliflower**. Toss 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.

Finish & serve the glazed salmon

- Roughly chop the **pepititas**.
- Serve the **glazed fish** with the **finished vegetables**. Garnish with the **chopped pepitas** and **guacamole**. Enjoy!



REHEATING INSTRUCTIONS

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