



Romesco Turkey & Farro Stuffed Peppers

Roasted Chicken & Creamy Salsa Verde

Your meal may look different due to ingredient tweaks



MEAL PREP Wellness Bundle



See next page for details

Turkey & Chicken

4 servings of each:

Romesco Turkey & Farro Stuffed Peppers
with Vegetables & Tzatziki

Roasted Chicken & Creamy Salsa Verde
with Asparagus, Chickpeas & White Beans

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 chicken dish with Blue Apron wine that has this symbol based on its flavor profile.

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

Shared Cooking Ingredients

For Both Recipes



2
Red Onions



2 oz
Sliced Roasted
Red Peppers



5 oz
Baby Spinach



½ lb
Grape Tomatoes



2 Tbsps
Tomato Paste



2 Tbsps
Red Wine
Vinegar

Romesco Turkey & Farro Stuffed Peppers



18 oz
Ground Turkey



1 cup
Semi-Pearled
Farro



4
Aloha Peppers



2 Tbsps
Dried Currants



1 bunch
Mint



4 oz
Shredded
Fontina Cheese



½ cup
Tzatziki¹



6 Tbsps
Romesco Sauce²



¼ cup
Roasted
Pistachios



1 Tbsp
Spanish Spice
Blend³

Roasted Chicken & Creamy Salsa Verde



4
Boneless,
Skinless Chicken
Breasts



1 15.5-oz can
Cannellini Beans



1 15.5-oz can
Chickpeas



¾ lb
Asparagus



¼ cup
Labneh Cheese



1 ½ Tbsps
Red Harissa
Paste



⅓ cup
Salsa Verde



2 tsps
Date Syrup



2 Tbsps
Sliced Roasted
Almonds



1 Tbsp
Italian
Seasoning⁴

1. cucumber-yogurt sauce

2. contains almonds

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

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

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.

ROMESCO TURKEY & FARRO STUFFED PEPPERS



17

PersonalPoints™
per serving



7 93888 14615 0

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

ROASTED CHICKEN & CREAMY SALSA VERDE



2 - 10

PersonalPoints™
range per serving



7 93888 14625 9

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.
- 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.
- Halve, peel, and medium dice the **onions**.
- Halve the **tomatoes**.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut into 1-inch pieces (keeping the pointed tips intact).
- Drain and rinse the **beans** and **chickpeas**; combine in a bowl.
- 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 & 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 cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

**4 Roast the aloha peppers**

- Meanwhile, place the **aloha peppers** on the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper; turn to coat.
- Roast 12 to 14 minutes, or until browned and blistered.
- Leaving the oven on, remove from the oven. Set aside to cool at least 5 minutes.

**5 Cook the turkey**

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**; season with salt, pepper, and the **Spanish spice blend**. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through. Turn off the heat.



- Transfer to the pot of **cooked farro**.

- 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 **diced onions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **tomato paste**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **halved tomatoes**, **spinach**, **vinegar**, and **sliced roasted red peppers**. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until combined and the spinach is wilted.
- Transfer to a bowl.
- Wipe out the pan.

**7 Cook the asparagus, beans & chickpeas**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **drained beans and chickpeas**, **date syrup**, **harissa paste**, and **half the cooked vegetables**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.

**8 Make the pepper filling**

- To the pot of **cooked farro and turkey**, add the **remaining cooked vegetables**, **romesco sauce**, **currants**, and **half the fontina**. Season with salt and pepper. Stir to combine.



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

Romesco Turkey &
Farro Stuffed PeppersRoasted Chicken &
Creamy Salsa Verde

Turkey Stuffed Peppers

Assemble the stuffed peppers

- Transfer the **cooled aloha peppers** to a cutting board. Carefully cut off and discard the stems. Halve lengthwise; remove the ribs and seeds.
- Evenly stuff each **roasted pepper half** with the **filling**.



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 stuffed peppers

- Roughly chop the **pistachios**.
- Pick the **mint** leaves off the stems.
- Transfer the **stuffed peppers** to a sheet pan; top with the **remaining fontina** and drizzle with **olive oil**.
- Bake 3 to 4 minutes, or until heated through and the cheese is melted.
- Remove from the oven and let stand at least 2 minutes before serving.
- Serve the **finished peppers** garnished with the **tzatziki**, **chopped pistachios**, and **mint leaves** (tearing just before adding). Enjoy!



REHEATING INSTRUCTIONS

If you saved the dish for later, preheat the oven to 450°F. Finish and serve as directed, but bake 7 to 9 minutes.

Roasted Chicken



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 roasted chicken

- Serve the **sliced chicken** with the **cooked asparagus**, **beans**, and **chickpeas**. Garnish with the **creamy salsa verde** and **almonds**. Enjoy!



REHEATING INSTRUCTIONS

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