



Chicken & Vegetable
Couscous Skillet

Acchar-Honey
Salmon & Vegetables



MEAL PREP Wellness Bundle



See next page for details

Salmon & Chicken

4 servings of each:

Achaar-Honey Salmon & Vegetables

with Cilantro Yogurt & Mint

Chicken & Vegetable Couscous Skillet

with Lemon Labneh & Pistachios

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 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, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes

2
Aloha Peppers $\frac{3}{4}$ lb
Asparagus $\frac{1}{2}$ lb
Multicolored
Grape Tomatoes6 oz
Caramelized
Onions & Garlic2 Tbsps
Red Wine
Vinegar $\frac{1}{4}$ tsp
Crushed Red
Pepper Flakes

Achaar-Honey Salmon & Vegetables

4
Skin-On Salmon
Fillets1 $\frac{1}{2}$ lbs
Sweet Potatoes1 bunch
Mint2 tps
Honey $\frac{1}{2}$ cup
Plain Nonfat
Greek Yogurt $\frac{1}{4}$ cup
Tomato Achaar $\frac{1}{4}$ cup
Cilantro Sauce3 Tbsps
Roasted
Cashews2 tps
Vadouvan Curry
Powder

Chicken & Vegetable Couscous Skillet

18 oz
Boneless
Chicken Breast
Pieces1 cup
Yellow
Couscous1 oz
Sweety Drop
Peppers2 Tbsps
Dried Currants1
Lemon $\frac{1}{4}$ cup
Labneh Cheese $\frac{1}{3}$ cup
Salsa Verde2 Tbsps
Roasted
Pistachios1 Tbsp
Weeknight Hero
Spice Blend¹

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

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.

ACHAAR-HONEY SALMON & VEGETABLES



7 - 17

PersonalPoints[™]
range per serving

7 93888 14755 3

CHICKEN & VEGETABLE COUSCOUS SKILLET



11 - 13

PersonalPoints[™]
range per serving

7 93888 14765 2

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 & make the glaze

- 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 off and discard the stems of the **aloha peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- Halve the **tomatoes**.
- In a bowl, combine the **tomato achaar** and **honey** (kneading the packet before opening).

**2 Roast the sweet potatoes**

- Line two sheet pans with foil.
- Transfer the **diced sweet potatoes** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **curry powder**. Toss to coat and arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.

**3 Roast the fish**

- Meanwhile, lightly oil the foil on the remaining sheet pan.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the oiled sheet pan, skin side down.
- Evenly spread or brush the **glaze** onto the seasoned fish.
- Roast 12 to 15 minutes, or until browned and cooked through.*
- Remove from the oven.

**4 Cook the chicken**

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a plate.
- Rinse and wipe out the pan.

**5 Cook the vegetables & finish the sweet potatoes**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced aloha peppers** and **asparagus pieces**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **halved tomatoes**, **caramelized onions**, **vinegar**, 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 and the vegetables are softened. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted sweet potatoes**. Stir to combine. Taste, then season with salt and pepper if desired.

**6 Cook the couscous & finish the skillet**

- To the pan of **remaining cooked vegetables**, add the **couscous**, **currants**, and **2 cups of water** (carefully, as the liquid may splatter); season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Tightly cover the pan with foil (or a lid) and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender.
- Add the **salsa verde** and **cooked chicken**. Stir to combine. Taste, then season with salt and pepper if desired.



Chicken & Vegetable
Couscous SkilletAchaar-Honey
Salmon &
Vegetables

Achaar-Honey Salmon

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

- Wash and dry the **mint**; pick the leaves off the stems.
- Roughly chop the **cashews**.
- In a bowl, combine the **cilantro sauce** and **yogurt**; season with salt and pepper.
- Serve the **roasted fish** with the **finished vegetables**. Drizzle with the **cilantro yogurt**. Garnish with the **mint leaves** (tearing just before adding) and **chopped cashews**. 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.

Chicken & Couscous Skillet

STOP + STORE

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Finish & serve the skillet

- Wash and dry the **lemon**; quarter and deseed the lemon.
- In a bowl, combine the **labneh** and the **juice of 2 lemon wedges** (you will have extra). Season with salt and pepper.
- Roughly chop the **pistachios**.
- Serve the **finished skillet** drizzled with the **lemon labneh**. Garnish with the **sweet drop peppers** and **chopped pistachios**. Enjoy!

REHEATING INSTRUCTIONS

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