

Blue Apron Add-ons

MENU FOR
June 20–26, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Carrot Cake-Inspired Overnight Oats

with Walnuts & Maple Syrup



2 SERVINGS | ⌚ 10-15 MIN ACTIVE



6 oz Carrots



½ cup Plain Nonfat Greek Yogurt



1 ½ Tbsps Maple Syrup



3 Tbsps Golden Raisins



1 tsp Warming Spices¹



1 cup Rolled Oats



¼ cup Cream



1 Tbsp Honey



¼ cup Roasted Walnuts

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash, dry, and peel the **carrots**; grate on the large side of a box grater.

2 Make the overnight oats

- In a large bowl, whisk together the **yogurt**, **cream**, **warming spices**, **honey** (kneading the packet before opening), and ½ **cup of water**. Season with a **pinch of salt**; whisk to combine.
- Add the **grated carrots**, **oats**, and **raisins**. Stir to combine.
- Divide the **prepared oats** between two containers, leaving room for the oats to expand.
- Cover and refrigerate overnight until the oats are soft and fully hydrated.

3 Serve your dish

- Serve the **overnight oats** topped with the **maple syrup** and **walnuts**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

Fried Egg & Cheese Sandwiches

with Spicy Mayo & Arugula



2 SERVINGS | ⌚ 15-20 MIN



2 Potato Buns



2 oz Arugula



2 tsps Gochujang



2 Tbsps Mayonnaise



2 Pasture-Raised Eggs



2 oz White Cheddar Cheese



1 Tbsp Sesame Oil

1 Prepare the ingredients

- Halve the **buns**.
- Grate the **cheese** on the large side of a box grater.
- Wash and dry the **arugula**; place in a bowl. Add the **sesame oil** and season with salt and pepper. Toss to coat.
- In a separate bowl, combine the **mayonnaise** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.

2 Toast the buns

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.

3 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Evenly top with the **grated cheese**. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Assemble the **sandwiches** using the **toasted buns**, **spicy mayo**, **as much of the dressed arugula as you'd like**, and the **fried eggs**. Enjoy!

Peach, Tomato & Feta Salad

with Arugula & Spinach



2-4 SERVINGS | ⌚ 10-20 MIN



1 Red Onion



3 oz Baby Spinach



½ oz Pickled Peppadew Peppers



1 bunch Mint



2 tsps Honey



4 oz Grape Tomatoes



2 oz Arugula



1 Peach



1 ½ oz Feta Cheese



1 Tbsp Red Wine Vinegar

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Halve the **tomatoes**.
- Halve, pit, and thinly slice the **peach**.
- In a large bowl, combine the **honey** (kneading the packet before opening), **vinegar**, and **1 tablespoon of olive oil**. Season with salt and pepper. Whisk to combine.
- Add the **sliced onion**, **halved tomatoes**, and **sliced peach**. Season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Make the salad & serve your dish

- Meanwhile, roughly chop the **peppers**.
- Pick the **mint** leaves off the stems.
- To the bowl of **marinated vegetables and peach**, add the **spinach** and **arugula**. Season with salt and pepper; toss to coat.
- Serve the **salad** garnished with the **chopped peppers**, **cheese** (crumbling before adding), and **mint leaves** (tearing just before adding). Enjoy!

Protein Add-ons

Weekly selections, ready for your creativity

GETTING STARTED

Remember to always pat your proteins dry and season with salt and pepper.



Seafood



2 or 4 Skin-On
Salmon Fillets

Internal Temperature: 145°F

To cook: In a medium (or large) pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.



Poultry



2 or 4 Boneless,
Skinless Chicken
Breasts

Internal Temperature: 165°F

To cook: In a medium (or large) pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.



Plant-Based



2 or 4 Beyond
Burger® Plant-Based
Patties

Internal Temperature: 165°F

To cook: In a medium (or large) pan, heat a drizzle of olive oil on medium-high until hot. Add the patties. Cook 3 to 5 minutes per side (flipping carefully, as the oil may splatter), or until browned and cooked through (the center will still be red or pink).

Spinach & Feta Grilled Cheese

with Scallions



2 SERVINGS

🕒 20-30 MIN



4 slices Sourdough Pullman Bread



2 cloves Garlic



1 ½ oz Feta Cheese



1 Tbsp Hot Sauce



3 oz Baby Spinach



2 Scallions



2 oz Monterey Jack Cheese

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **monterey jack**.



2 Make the filling

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced scallions** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Turn off the heat; stir in the **feta** (crumbling before adding) and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.
- Taste, then season with salt and pepper if desired.



3 Assemble the sandwiches

- Assemble the sandwiches using the **bread**, **sliced monterey jack**, and **filling**.
- Rinse and wipe out the pan used to make the filling.



4 Cook the sandwiches & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium until hot.
- Add the **sandwiches**. Loosely cover the pan with foil and cook 2 to 4 minutes per side, or until lightly browned and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping).
- Transfer to a cutting board; immediately season with salt. Carefully halve on an angle. Enjoy!



Smoked Gouda & Romesco Pitas

with Tzatziki



2-4 SERVINGS

⌚ 15-25 MIN



2 Pocketless Pitas



2 oz Smoked Gouda Cheese



½ cup Tzatziki¹



¼ tsp Crushed Red Pepper Flakes



2 Scallions



¼ cup Mayonnaise



3 Tbsps Romesco Sauce²

1. cucumber-yogurt sauce 2. contains almonds

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
 - Wash and dry the **scallions**; thinly slice, separating the white bottoms and hollow green tops.
 - Grate the **cheese** on the large side of a box grater.
 - In a bowl, combine the **romesco sauce**, **mayonnaise**, **sliced white bottoms of the scallions**, **grated cheese**, 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.
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2 Start the pitas

- Line a sheet pan with foil.
 - Place the **pitas** on the foil.
 - Bake 2 to 3 minutes, or until lightly toasted.
 - Leaving the oven on, remove from the oven.
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3 Finish the pitas & serve your dish

- Divide the **romesco-cheese mixture** between the **partially baked pitas**; spread into an even layer. Drizzle with **olive oil**.
- Return to the oven and bake 7 to 9 minutes, or until the cheese is melted and the pitas are toasted.
- Remove from the oven. Let stand at least 2 minutes.
- Transfer to a cutting board; cut each pita into 8 equal-sized wedges.
- Serve the **baked pitas** topped with the **tzatziki**. Garnish with the **sliced green tops of the scallions**. Enjoy!



Chocolate Chip Muffins

with Dried Cherries



8 SERVINGS



35-45 MIN: 15 MIN ACTIVE, 27 MIN INACTIVE



1 Pasture-Raised Egg



3 Tbsps Dried Tart Cherries



$\frac{3}{4}$ cup Sugar



1 tsp Baking Powder



$\frac{1}{2}$ cup Cream



4 oz Semi-Sweet Chocolate Chips



1 cup All-Purpose Flour



$\frac{1}{2}$ cup Biscuit Mix



$\frac{1}{4}$ cup Sour Cream



1 oz Salted Butter

1 Prepare the dry ingredients

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Roughly chop the **cherries**.
- In a bowl, combine the **flour, biscuit mix, baking powder**, and a **pinch of salt**. Whisk to combine.



2 Prepare the wet ingredients

- Working in 30 second increments, melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl).
- Add the **cream, sour cream, egg**, and **all but 2 teaspoons of the sugar**; whisk to thoroughly combine.



3 Mix the batter

- Add the **dry ingredients** to the bowl of **wet ingredients**; using a spatula, gently mix until only a few white streaks remain.
- Gently fold in the **chocolate chips** and **chopped cherries** until thoroughly combined.



4 Bake the muffins & serve your dish

- Lightly grease 8 rounds of a cupcake tin (or line with cupcake liners). (If you don't have a cupcake tin, lightly grease a 9-by-5-inch loaf pan.)
- Transfer the **batter** to the prepared tins or loaf pan. Evenly top with the **remaining sugar**.
- Bake 18 to 22 minutes (muffins) or 30 to 33 minutes (loaf), or until the batter is cooked through and a toothpick inserted into the middle comes out clean.
- Remove from the oven. Let stand at least 5 minutes before serving. Enjoy!





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Food safety handling information: blog.blueapron.com/foodsafety. This statement applies to all recipes.

Ingredients and quantities in each recipe may vary.

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



062022, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12