



Shrimp & Green  
Goddess Quinoa Bowls

Mexican-Spiced  
Chicken Salad



## MEAL PREP Wellness Bundle



See next page for details

## Shrimp & Chicken

4 servings of each:

**Shrimp & Green  
Goddess Quinoa Bowls**  
with Almonds & Mint

**Mexican-Spiced  
Chicken Salad**  
Peanuts & Guacamole-Lime Dressing

## 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](https://blueapron.com/wine)



Serve the shrimp 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, 1 Sheet Pan, 1 Large Nonstick Pan

## Shared Cooking Ingredients

For Both Recipes

						
1 15.5-oz can Cannellini Beans	2 oz Sliced Roasted Red Peppers	¾ lb Asparagus	2 Red Onions	½ lb Sugar Snap Peas	2 Tbsps Red Wine Vinegar	¼ tsp Crushed Red Pepper Flakes

## Shrimp & Green Goddess Quinoa Bowls

			
18 oz Tail-On Shrimp <sup>1</sup>	1 cup Tricolor Quinoa	1 oz Pickled Peppadew Peppers	1 Tbsp Capers
			
2 oz Dried Medjool Dates	1 bunch Mint	1 ½ oz Feta Cheese	2 Tbsps Sliced Roasted Almonds
			
¼ cup Green Goddess Dressing	1 Tbsp Shawarma Spice Blend <sup>2</sup>		

## Mexican-Spiced Chicken Salad

			
4 Boneless, Skinless Chicken Breasts	2 Romaine Lettuce Hearts	1 oz Sliced Pickled Jalapeño Pepper	½ lb Grape Tomatoes
			
1 Lime	2 Tbsps Grated Cotija Cheese	½ cup Plain Nonfat Greek Yogurt	½ cup Guacamole
			
¼ cup Roasted Peanuts	1 Tbsp Mexican Spice Blend <sup>3</sup>		

1. peeled & deveined
2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
3. 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.

### SHRIMP & GREEN GODDESS QUINOA BOWLS



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

### MEXICAN-SPICED CHICKEN SALAD



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To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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**

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Pit and roughly chop the **dates**.
- Halve, peel, and thinly slice the **onions**.
- Pull off and discard the tough string that runs the length of each **snap pea** pod; halve crosswise.
- 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**.
- Roughly chop the **lettuce**.
- Halve the **tomatoes**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **halved tomatoes**, a drizzle of **olive oil**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.

**2 Cook & dress the quinoa**

- Add the **quinoa** to the pot of boiling water and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **green goddess dressing**, **capers**, and **chopped dates**. Stir to combine. Taste, then season with salt and pepper if desired.

**3 Roast the vegetables & finish the quinoa**

- Meanwhile, line a sheet pan with foil.
- Place the **sliced onions**, **halved peas**, and **asparagus pieces** on the foil; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.

**Step 3 continued:**

- Roast 14 to 16 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a large bowl. Add the **drained beans**, **vinegar**, **roasted red peppers**, 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. Stir to combine.
- Leaving the rest in the bowl, transfer **half the roasted vegetables and beans** to the pot of **dressed quinoa**. Stir to combine. Taste, then season with salt and pepper if desired.

**4 Cook & slice the chicken**

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **Mexican spice blend**.
- In a large pan (nonstick, if you have one), 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.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.
- Rinse and wipe out the pan.

**5 Cook the shrimp**

- Pat the **shrimp** dry with paper towels; remove the tails.
- Place in a large bowl. Season with salt, pepper, and the **shawarma spice blend**. Stir to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat.



Shrimp & Green  
Goddess QuinoaMexican-Spiced  
Chicken Salad

## Shrimp & Quinoa Bowls



### 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

- Roughly chop the **peppadew peppers**.
- Pick the **mint** leaves off the stems.
- Serve the **cooked shrimp** over the **finished quinoa and vegetables**. Garnish with the **almonds, chopped peppadew peppers, mint leaves** (tearing just before adding), and **feta** (crumbling before adding). Enjoy!



### REHEATING INSTRUCTIONS

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

## Mexican-Spiced Chicken Salad



### 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 chicken salad

- Halve the **lime** crosswise.
- In a large bowl, combine the **guacamole, the juice of 1 lime half**, and a drizzle of **olive oil**.
- In a separate bowl, combine the **yogurt** and **the juice of the remaining lime half**; season with salt and pepper. Stir to combine.
- Roughly chop the **peanuts**.
- To the bowl of **guacamole-lime dressing**, add the **chopped lettuce, remaining cooked vegetables**, and **dressed tomatoes**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **sliced chicken** over the **dressed salad**. Garnish with the **cotija, lime yogurt**, and **chopped peanuts**. Enjoy!



### REHEATING INSTRUCTIONS

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