



Togarashi Chicken & Brown Rice

Vadouvan Salmon & Vegetables



MEAL PREP Wellness Bundle



See next page for details

Salmon & Chicken

4 servings of each:

Vadouvan Salmon & Vegetables
with Cilantro Yogurt Sauce

Togarashi Chicken & Brown Rice
with Sesame Tahini 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



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, Spatula, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Red Onions



2
Poblano
Peppers



¾ lb
Carrots



3 Tbsps
Asian-Style
Sautéed
Aromatics



2 Tbsps
Coconut
Aminos¹



¼ tsp
Crushed Red
Pepper Flakes

Vadouvan Salmon & Vegetables



4
Skin-On Salmon
Fillets



1 head
Cauliflower



1 oz
Sweetened Toasted
Coconut Chips



½ cup
Plain Nonfat
Greek Yogurt



¼ cup
Cilantro Sauce



¼ cup
Sweet Chili
Sauce



3 Tbsps
Roasted
Cashews



2 tps
Vadouvan Curry
Powder

Togarashi Chicken & Brown Rice



4
Boneless,
Skinless Chicken
Breasts



1 ½ cups
Brown Rice



1
Lime



2 tps
Honey



3 Tbsps
Sesame Ginger
Dressing



¼ cup
Tahini



1 tsp
Black & White
Sesame Seeds



1 Tbsp
Togarashi
Seasoning²

1. seasoning sauce

2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

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.

VADOUVAN SALMON & VEGETABLES



10 - 17

PersonalPoints™
range per serving



7 93888 14845 1

TOGARASHI CHICKEN & BROWN RICE



5 - 14

PersonalPoints™
range per serving



7 93888 14853 0

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.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Halve, peel, and thinly slice the **onions**.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stem of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.

**2 Cook 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, 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.

**3 Roast the fish**

- Meanwhile, line two sheet pans with foil.
- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **curry powder**.
- Transfer to one sheet pan, skin side down; drizzle with **olive oil**.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

**4 Roast & dress the cauliflower**

- Transfer the **cauliflower florets** to the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl and add the **sweet chili sauce**. Toss to coat. Taste, then season with salt and pepper if desired.

**5 Cook & slice the chicken**

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **togarashi**.
- 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.
- Wipe out the pan.

**6 Cook the vegetables & finish the rice**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions**, **sliced carrots**, and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- Add the **coconut aminos** (carefully, as the liquid may splatter), **sautéed aromatics**, 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 occasionally, 1 to 2 minutes, or until thoroughly combined and the vegetables are softened. Turn off the heat.
- Transfer **half the cooked vegetables** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Transfer the **remaining cooked vegetables** to the bowl of **dressed cauliflower**; toss to combine. Taste, then season with salt and pepper if desired.





Togarashi Chicken & Brown Rice

Vadouvan Salmon & Vegetables

Vadouvan Salmon & Vegetables

🍽️ 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 vadouvan salmon

- In a bowl, combine the **yogurt** and **cilantro sauce**; season with salt and pepper.
- Roughly chop the **cashews**.
- Serve the **roasted fish** with the **sweet chili vegetables**. Drizzle the fish with the **cilantro yogurt sauce**. Garnish with the **coconut chips** 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.

Togarashi Chicken & Brown Rice

🍽️ STOP + STORE

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Finish & serve the togarashi chicken

- Halve the **lime** crosswise.
- In a bowl, combine the **tahini**, **sesame ginger dressing**, **the juice of one lime half** (you will have extra), **honey** (kneading the packet before opening), and **1 tablespoon of water**. Season with salt and pepper.
- Serve the **sliced chicken** with the **finished rice and vegetables**. Drizzle with the **sesame tahini dressing**. Garnish with the **sesame seeds**. Enjoy!

🍲 REHEATING INSTRUCTIONS

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