



Italian Pork Sausage Sandwiches

Pesto Chicken Pasta Bake



## MEAL PREP Family Bundle

### Pork Sausage & Chicken

4 servings of each:

**Italian Pork Sausage Sandwiches**

with Romaine-Arugula Salad

**Pesto Chicken Pasta Bake**

with Mozzarella & Parmesan

### 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 pork 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, Strainer, 1 Large Pot, 1 Large Nonstick Pan,  
1 Large Baking Dish

## Shared Cooking Ingredients

## For Both Recipes



2  
Bell Peppers



2  
Poblano  
Peppers



2 oz  
Sliced Roasted  
Red Peppers



1  
Sweet or Yellow  
Onion



2 Tbsps or 6 oz  
Tomato Paste



2 ½ Tbsps  
Chicken Demi-  
Glaze



2 Tbsps  
Red Wine  
Vinegar



¼ tsp  
Crushed Red  
Pepper Flakes

## Italian Pork Sausage Sandwiches



20 oz  
Hot Italian Pork  
Sausage



4  
Sesame Seed  
Buns



2 oz  
Arugula



1  
Romaine Lettuce  
Heart



1 oz  
Sweet Drop  
Peppers



1 tsp  
Preserved  
Lemon Purée



¼ cup  
Mayonnaise



¼ cup  
Green Goddess  
Dressing



2 Tbsps  
Roasted  
Pistachios

## Pesto Chicken Pasta Bake



18 oz  
Boneless  
Chicken Breast  
Pieces



¾ lb  
Bucatini Pasta



½ lb  
Grape Tomatoes



4 Tbsps  
Crème Fraîche



¼ cup  
Grated  
Parmesan  
Cheese



½ lb  
Fresh Mozzarella  
Cheese



⅓ cup  
Basil Pesto



1 Tbsp  
Capers



1 Tbsp  
Italian  
Seasoning¹

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

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 large 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 thinly slice the **onion**.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve the **tomatoes**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, combine the **mayonnaise** and **lemon purée**. Taste, then season with salt and pepper if desired.

**2 Cook the chicken**

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **Italian seasoning**.
- 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.
- Wipe out the pan.

**3 Cook the pasta**

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 6 to 8 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Drain thoroughly and return to the pot.

**4 Form & cook the patties**

- Form the **sausage** into four  $\frac{1}{2}$ -inch-thick patties. Transfer to a plate.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **patties**. Cook 5 to 6 minutes per side (flipping carefully, as the oil may splatter), or until the patties are browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a work surface.

**5 Cook the vegetables**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion, sliced bell peppers, and sliced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Add the **tomato paste** (if you received 6 oz, use **2 tablespoons of the tomato paste**), **vinegar**, **demi-glace**, **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. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat; taste, then season with salt and pepper if desired.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **cooked pasta**.







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Pesto Chicken Pasta Bake

## Pork Sausage Sandwiches



### 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 sandwiches

- Halve the **buns**.
- Roughly chop the **romaine**.
- In a large bowl, combine the **chopped romaine, arugula, pistachios, sweet drop peppers, and green goddess dressing**. Toss to combine.
- Heat a large pan (nonstick, if you have one) on medium-high until hot.
- Working in batches if necessary, add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.
- Assemble the sandwiches using the **toasted buns, lemon mayo, cooked patties, and remaining cooked vegetables**.
- Serve the **sandwiches** with the **salad** on the side. Enjoy!



### REHEATING INSTRUCTIONS

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

## Pesto Chicken Pasta Bake

### Assemble the pasta bake

- Tear the **mozzarella** into bite-sized pieces.
- To the pot of **cooked pasta and vegetables**, add the **pesto, crème fraîche, mozzarella pieces, halved tomatoes, and capers**; season with salt and pepper. Stir until thoroughly combined. Taste, then season with salt and pepper if desired.
- Lightly oil a large baking dish.
- Transfer the **finished pasta** to the prepared baking dish.



### 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 pasta bake

- Preheat the oven to 450°F.
- Bake 8 to 10 minutes, or until heated through and the cheese is melted.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **finished pasta bake** topped with the **parmesan**. Enjoy!



### REHEATING INSTRUCTIONS

If you saved the dish for later, finish and serve as directed, but bake 20 to 22 minutes, or until heated through and the cheese is melted.