



Mexican-Spiced
Chicken Salad

Mango-Glazed
Salmon



MEAL PREP Wellness Bundle



See next page for details

Chicken & Salmon

4 servings of each:

**Mexican-Spiced
Chicken Salad**
with Honey-Chipotle Dressing

Mango-Glazed Salmon
with Vegetable Red Rice &
Orange-Avocado Salsa

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 chicken dish with Blue Apron wine that has this symbol based on its flavor profile.



Serve the salmon dish with Blue Apron wine that has this symbol based on its flavor profile.

TOOLS YOU'LL NEED
Knife, Cutting Board, Mixing Bowls, Spatula, Strainer, Wooden Spoon, 1 Medium Pot, 1 Sheet Pan, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Red Onions



2
Poblano
Peppers



1 oz
Sliced Pickled
Jalapeño Pepper



½ lb
Grape Tomatoes



1 Tbsp
Red Wine
Vinegar



¼ tsp
Crushed Red
Pepper Flakes

Mexican-Spiced Chicken Salad



4
Boneless,
Skinless Chicken
Breasts



2
Romaine Lettuce
Hearts



1
Lime



¼ cup
Labneh Cheese



2 Tbsps
Honey



2 tsps
Chipotle Chile
Paste



3 Tbsps
Roasted Peanuts



1 Tbsp
Mexican Spice
Blend¹

Mango-Glazed Salmon



4
Skin-On Salmon
Fillets



1 cup
Red Rice Blend



1
Avocado



1
Navel Orange



2 Tbsps
Mango Chutney



¼ cup
Cilantro Sauce



1 tsp
Black & White
Sesame Seeds

1. 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.

MEXICAN-SPICED CHICKEN SALAD



4 - 7

PersonalPoints™
range per serving



7 93888 14915 1

MANGO-GLAZED SALMON



4 - 18

PersonalPoints™
range per serving



7 93888 14925 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.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium 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 **onions**.
- Halve the **tomatoes**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **pickled jalapeño pepper**.
- Thoroughly wash your hands, knife, and cutting board immediately after handling the peppers.

**2 Cook the rice**

- Add the **rice** to the pot of boiling water. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.

**3 Roast the fish**

- Meanwhile, line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to the sheet pan, skin side down. Evenly top with the **mango chutney**. Drizzle with **olive oil**.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

**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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; when cool enough to handle, slice crosswise.

**5 Cook the vegetables & finish the rice**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions** and **sliced poblano peppers**. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **halved tomatoes**, **vinegar**, and **as much of the chopped jalapeño pepper and red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the vegetables are softened. Turn off the heat.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **cooked rice**; add the **cilantro sauce**. Stir to combine. Taste, then season with salt and pepper if desired.



Mexican-Spiced
Chicken Salad

Mango-Glazed Salmon



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

- Roughly chop the **lettuce**.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons; halve the lime crosswise.
- In a bowl, combine the **labneh** and **lime zest**. Season with salt and pepper.
- In a separate, large bowl, combine the **honey** (kneading the packet before opening), **the juice of both lime halves**, **2 tablespoons of olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dressing to be. Season with salt and pepper.
- Roughly chop the **peanuts**.
- To the bowl of **honey-chipotle dressing**, add the **chopped lettuce** and **remaining cooked vegetables**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **sliced chicken** over the **salad**. Garnish with the **lime labneh** 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.

Mango-Glazed 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

- Peel and small dice the **orange**.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then small dice.
- Combine the **diced orange** and **diced avocado** in a bowl; drizzle with **olive oil** and season with salt and pepper.
- Serve the **roasted fish** with the **finished rice and vegetables**. Garnish with the **orange-avocado salsa** and **sesame seeds**. Enjoy!



REHEATING INSTRUCTIONS

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