



Vadouvan Shrimp & Brown Rice Lettuce Cups

Togarashi Chicken & Roasted Vegetables



MEAL PREP Wellness Bundle



See next page for details

Chicken & Shrimp

4 servings of each:

Togarashi Chicken & Roasted Vegetables
with Spicy Tahini Sauce

Vadouvan Shrimp & Brown Rice Lettuce Cups
with Creamy Tomato Achaar

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



TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes

 $\frac{1}{2}$ lb
Sweet Peppers $\frac{3}{4}$ lb
Carrots5 oz
Baby Spinach $\frac{1}{2}$ cup
Asian-Style
Sautéed Aromatics2 Tbsps
Soy Sauce $\frac{1}{4}$ tsp
Crushed Red
Pepper Flakes

Togarashi Chicken & Roasted Vegetables

4
Boneless,
Skinless Chicken
Breasts15 oz
Baby Bok Choy1 $\frac{1}{2}$ lbs
Sweet Potatoes1
Navel Orange2 Tbsps
Tahini4 tpsps
Honey1 Tbsp
Sambal Oelek1 Tbsp
Sesame Oil3 Tbsps
Roasted Peanuts1 tsp
Black & White
Sesame Seeds1 Tbsp
Togarashi
Seasoning¹

Vadouvan Shrimp & Brown Rice Lettuce Cups

18 oz
Tail-On Shrimp²1 $\frac{1}{8}$ cups
Brown Rice2 heads
Butter Lettuce1 bunch
Mint $\frac{1}{4}$ cup
Labneh Cheese2 Tbsps
Tomato Achaar3 Tbsps
Roasted
Cashews2 tpsps
Vadouvan Curry
Powder

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

2. peeled & deveined

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.

TOGARASHI CHICKEN & ROASTED VEGETABLES



6 - 13

PersonalPoints™
range per serving

7 93888 15025 6

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

VADOUVAN SHRIMP & BROWN RICE LETTUCE CUPS



10 - 11

PersonalPoints™
range per serving

7 93888 15035 5

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.
- Medium dice the **sweet potatoes**.
- Cut off and discard the root ends of the **bok choy**; roughly chop. Place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.

**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, without stirring, 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 vegetables**

- Meanwhile, line two sheet pans with foil.
- Transfer the **diced sweet potatoes** to one sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer on one side of the sheet pan.
- Roast 16 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **seasoned bok choy** to the other side of the sheet pan.
- Return to the oven and roast 4 to 6 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Transfer to a bowl.

**4 Roast & slice the chicken**

- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **togarashi**.
- Transfer to the remaining sheet pan.
- Roast 18 to 20 minutes, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

**5 Cook the shrimp**

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; season with salt, pepper, and the **curry powder**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Transfer to a plate.
- Rinse and wipe out the pan.

**6 Finish the vegetables & rice**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **spinach**, **sautéed aromatics** (carefully, as the liquid may splatter), **soy sauce**, 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. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the spinach is wilted. 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 **roasted vegetables**; stir to combine. Taste, then season with salt and pepper if desired.





Togarashi Chicken & Roasted Vegetables

Vadouvan Shrimp & Brown Rice Lettuce Cups

Togarashi Chicken

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 togarashi chicken

- Roughly chop the **peanuts**.
- Halve the **orange** crosswise.
- In a bowl, combine the **sesame oil**, **honey** (kneading the packet before opening), **tahini**, **the juice of 1 orange half** (you will have extra), and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- Serve the **sliced chicken** with the **finished vegetables**. Drizzle with the **spicy tahini sauce**. Garnish with the **chopped peanuts** and **sesame seeds**. Enjoy!

REHEATING INSTRUCTIONS

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

Vadouvan Shrimp Lettuce Cups

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 lettuce cups

- Cut off and discard the root ends of the **lettuce**; carefully separate the leaves.
- Roughly chop the **cashews**.
- Pick the **mint** leaves off the stems.
- In a bowl, combine the **tomato achar** and **labneh**; season with salt and pepper.
- Serve the **lettuce leaves**, **finished rice**, **cooked shrimp**, **creamy tomato achar**, **chopped cashews**, and **mint leaves** (tearing just before serving) separately. Assemble each cup using 2 lettuce leaves. Enjoy!

REHEATING INSTRUCTIONS

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