



MEAL PREP Wellness Bundle



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.



Wine pairings available from blueapron.com/wine



 $c^{R_{1SP}}$ \bullet Serve the chicken dish with Blue Apron wine that has this symbol based on its ^ิลบเ≺ื่ flavor profile.



Serve the shrimp dish with Blue Apron wine that has this symbol based on its POPICY 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



1/2 lb Sweet Peppers







1/3 CUD Asian-Style Sautéed Aromatics



2 Tbsps Soy Sauce



Crushed Red Pepper Flakes

Togarashi Chicken & **Roasted Vegetables**



Boneless, Skinless Chicken Breasts



Baby Bok Choy



1 ½ lbs Sweet Potatoes





2 Tbsps



4 tsps



1 Tbsp



1 Tbsp



3 Tbsps



Black & White Sesame Seeds



1 Tbsp Togarashi Seasoning

Vadouvan Shrimp & **Brown Rice Lettuce Cups**





1½ cups Brown Rice



2 heads





1/4 CUD







3 Tbsps Roasted Cashews



2 tsps 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





Personal Points' range per serving



VADOUVAN SHRIMP & BROWN RICE LETTUCE CUPS





Personal Points' range per serving



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

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).

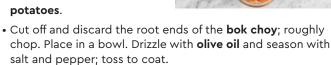
Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat. Blue Apron, LLC, New York, NY 10005





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.



- 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.

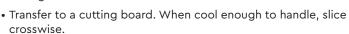


- Roast 16 minutes. Leaving the oven on, remove from the oven.
- Carefully add the seasoned bok choy to the other side of the sheet pan.
- Return to the oven and roast 4 to 6 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Transfer to a bowl.



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.*



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



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 achaar and labneh; season with salt and pepper.
- Serve the lettuce leaves, finished rice, cooked shrimp, creamy tomato achaar, 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.

