



Hoisin BBQ Pork Sandwiches

Tahini Chicken Stir-Fry



## MEAL PREP Family Bundle

### Pork & Chicken

4 servings of each:

#### Hoisin BBQ Pork Sandwiches

with Spicy Mayo & Crispy Onions

#### Tahini Chicken Stir-Fry

with Rice & Cashews

### 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, Wooden Spoon, 1 Medium Pot, 1 Sheet Pan, 1 Large Nonstick Pan

## Shared Cooking Ingredients

## For Both Recipes

1 lb  
Broccoli $\frac{3}{4}$  lb  
Carrots1 Tbsp  
Soy Sauce2 Tbsps  
Rice Vinegar1 Tbsp  
Togarashi  
Seasoning<sup>1</sup>

## Hoisin BBQ Pork Sandwiches

18 oz  
Ground Pork8  
Potato Buns2  
Persian  
Cucumbers $\frac{1}{3}$  cup  
Asian-Style  
Sautéed Aromatics $\frac{1}{3}$  cup  
Crispy Onions $\frac{1}{4}$  cup  
Barbecue Sauce3 Tbsps  
Sesame Ginger  
Dressing $\frac{1}{4}$  cup  
Mayonnaise $\frac{1}{4}$  cup  
Hoisin Sauce1 Tbsp  
Sambal Oelek1 Tbsp  
Sugar1 tsp  
Black & White  
Sesame Seeds

## Tahini Chicken Stir-Fry

18 oz  
Boneless  
Chicken Breast  
Pieces1 cup  
Long Grain  
White Rice1 oz  
Sweetened Toasted  
Coconut Chips1 Tbsp  
Honey2 Tbsps  
Tahini2 tsps  
Gochujang $\frac{1}{3}$  cup  
Soy-Miso Sauce1 Tbsp  
Sesame Oil3 Tbsps  
Roasted  
Cashews

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

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 Cook the rice**

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- 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, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

**2 Prepare the ingredients**

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into ½-inch pieces.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Thinly slice the **cucumbers** into rounds.
- In a bowl, combine the **sugar** and **half the vinegar**. Stir until the sugar has dissolved. Add the **sliced cucumbers**; season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, whisk together the **tahini**, **sesame oil**, **soy-miso sauce**, **honey** (kneading the packet before opening), **remaining vinegar**, ½ cup of water, and as much of the **gochujang** as you'd like, depending on how spicy you'd like the dish to be.
- In a separate bowl, combine the **mayonnaise** and as much of the **sambal oelek** as you'd like, depending on how spicy you'd like the dish to be.

**3 Roast & finish the vegetables**

- Line a sheet pan with foil.
- Transfer the **carrot pieces** and **broccoli florets** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **togarashi**. Toss to coat and arrange in an even layer.
- Roast 16 to 18 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven; carefully add the **soy sauce** and stir to coat.
- Leaving the rest on the sheet pan, transfer **half the roasted vegetables** to a bowl; add the **sesame ginger dressing**. Toss to combine. Taste, then season with salt and pepper if desired.

**4 Cook the pork**

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pork**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Add the **sautéed aromatics** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Add the **hoisin sauce** and **barbecue sauce**. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and the pork is cooked through.
- Transfer to a bowl; taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.

**5 Cook & finish the chicken**

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, 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 the chicken is browned and cooked through.
- Add the **cooked rice**, **tahini sauce**, and **remaining roasted vegetables**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the rice is slightly crispy.
- Turn off the heat. Taste, then season with salt and pepper if desired.







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### 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**.
- Heat a large pan (nonstick, if you have one) on medium-high until hot.
- Add the **halved buns**, cut side down. Toast on medium-high, 30 seconds to 1 minute, or until lightly browned. Transfer to a work surface.
- Assemble the sandwiches using the **toasted buns**, **cooked pork**, **spicy mayo**, **marinated cucumbers** (discarding any liquid), and **crispy onions**.
- Serve the **sandwiches** with the **dressed vegetables** on the side. Garnish the vegetables with the **sesame seeds**. Enjoy!

### REHEATING INSTRUCTIONS

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

## Tahini Chicken Stir-Fry

### 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 stir-fry

- Roughly chop the **cashews**.
- In a bowl, combine the **chopped cashews** and **coconut chips**.
- Serve the **finished chicken stir-fry** garnished with the **cashew-coconut topping**. Enjoy!

### REHEATING INSTRUCTIONS

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