



Roasted Salmon & Barley

Spanish-Spiced
Chicken &
Saffron Mayo



MEAL PREP Wellness Bundle



See next page for details

Salmon & Chicken

4 servings of each:

Roasted Salmon & Barley
with Mango, Vegetables &
Spicy Cilantro Sauce

**Spanish-Spiced Chicken &
Saffron Mayo**
with Romesco Vegetables & Almonds

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 salmon 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, Strainer, Wooden Spoon, 1 Medium Pot, 1 Sheet Pan, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Bell Peppers



2
Sweet or Yellow
Onions



1/2 lb
Sugar Snap Peas



1/2 lb
Grape Tomatoes



2 Tbsps
Tomato Paste



2 Tbsps
Red Wine
Vinegar



1/4 tsp
Crushed Red
Pepper Flakes

Roasted Salmon & Barley



4
Skin-On Salmon
Fillets



3/4 cup
Pearled Barley



1 oz
Sliced Pickled
Jalapeño Pepper



2
Mango Cheeks



1
Lime



1/2 cup
Cilantro Sauce



1/4 cup
Roasted
Pistachios



1 Tbsp
Cajun Spice
Blend¹

Spanish-Spiced Chicken & Saffron Mayo



4
Boneless,
Skinless Chicken
Breasts



1 15.5-oz can
Chickpeas



1 oz
Pickled Peppadew
Peppers



2 Tbsps
Dried Currants



1 bunch
Mint



1 pinch
Saffron



1/4 cup
Mayonnaise



6 Tbsps
Romesco Sauce²



2 Tbsps
Sliced Roasted
Almonds



1 Tbsp
Spanish Spice
Blend³

1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper

2. contains almonds

3. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

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.

ROASTED SALMON & BARLEY



7 - 15

PersonalPoints™
range per serving



7 93888 15045 4

SPANISH-SPICED CHICKEN & SAFFRON MAYO



6 - 12

PersonalPoints™
range per serving



7 93888 15053 3

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

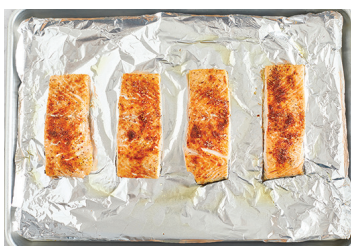
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onions**.
- Halve the **tomatoes**.
- Pull off and discard the tough string that runs the length of each **snap pea** pod. Halve the peas crosswise.
- Medium dice the **mango**.
- Drain and rinse the **chickpeas**.

**2 Cook the barley**

- Add the **barley** to the pot of boiling water and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

**3 Roast the fish**

- Meanwhile, line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **Cajun spice blend**.
- Transfer to the sheet pan, skin side down.
- 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 **Spanish spice blend**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.

**Step 4 continued:**

- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.
- Rinse and wipe out the pan.

5 Cook the vegetables & finish the barley

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **halved tomatoes** and **halved peas**. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened.
- Add the **tomato paste**, **vinegar**, 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 constantly, 1 to 2 minutes, or until thoroughly combined. Turn off the heat.
- Transfer **half the cooked vegetables** to the pot of **cooked barley**.
- Add the **diced mango** and a drizzle of **olive oil** to the pot; season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.

**6 Finish the chickpeas & vegetables**

- To the pan of **remaining cooked vegetables**, add the **drained chickpeas**, **romesco sauce**, and **currants**; season with salt and pepper. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined and heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



*The USDA recommends a minimum safe cooking temperature of 145°F for fish and 165°F for chicken.



Spanish-Spiced Chicken & Saffron Mayo

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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 fish

- Halve the **lime** crosswise.
- Roughly chop the **pistachios**.
- Roughly chop the **pickled jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **cilantro sauce**, the **juice of 1 lime half** (you will have extra), and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be.
- Serve the **roasted fish** with the **finished barley**. Drizzle with the **spicy cilantro sauce**. Garnish with the **chopped pistachios**. Enjoy!

REHEATING INSTRUCTIONS

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

Spanish-Spiced 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 chicken

- Place the **saffron** in a bowl; add **1 teaspoon of hot water**. Set aside to steep (or bloom) at least 5 minutes.
- Roughly chop the **peppadew peppers**.
- Pick the **mint** leaves off of the stems.
- To the bowl of **steeped saffron**, add the **mayonnaise**; season with salt and pepper. Stir to combine.
- Serve the **finished chickpeas and vegetables** topped with the **sliced chicken** and **saffron mayo**. Garnish with the **chopped peppadew peppers**, **mint leaves** (tearing just before adding), and **almonds**. 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.