



Tzatziki Chicken Salad

Italian Shrimp &
Vegetable Farro



MEAL PREP Wellness Bundle



See next page for details

Chicken & Shrimp

4 servings of each:

Tzatziki Chicken Salad
with Nectarines & Feta

**Italian Shrimp &
Vegetable Farro**
with Olives & Salsa Verde

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

Shared Cooking Ingredients

For Both Recipes



½ lb
Sweet Peppers



2
Red Onions



1 oz
Pickled Peppadew
Peppers



½ lb
Multicolored
Grape Tomatoes



2 Tbsps
Red Wine
Vinegar



¼ tsp
Crushed Red
Pepper Flakes

Tzatziki Chicken Salad



4
Boneless,
Skinless Chicken
Breasts



2
Romaine Lettuce
Hearts



2
Nectarines



1 bunch
Mint



1 ½ oz
Feta Cheese



½ cup
Tzatziki¹



¼ cup
Buttermilk



¼ cup
Roasted
Pistachios



1 Tbsp
Shawarma Spice
Blend²



1 Tbsp
Weeknight Hero
Spice Blend³

Italian Shrimp & Vegetable Farro



18 oz
Tail-On Shrimp⁴



1 cup
Semi-Pearled
Farro



1 oz
Castelvetro
Olives



2 Tbsps
Dried Currants



⅓ cup
Salsa Verde



2 Tbsps
Sliced Roasted
Almonds



1 Tbsp
Italian
Seasoning⁵

1. cucumber-yogurt sauce
2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
3. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
4. peeled & deveined
5. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

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.

TZATZIKI CHICKEN SALAD



4 - 8

PersonalPoints™
range per serving



ITALIAN SHRIMP & VEGETABLE FARRO



6 - 8

PersonalPoints™
range per serving



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.
- Pit and roughly chop the **olives**.
- Cut off and discard the stems of the **sweet peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onions**.
- Halve the **tomatoes**.
- Roughly chop the **peppadew peppers**.

**2 Cook & dress the farro**

- Add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **salsa verde**, **currants**, and **chopped olives**. Stir to combine.

**3 Roast & slice the chicken**

- Meanwhile, line a sheet pan with foil.
- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **shawarma spice blend**.
- Transfer to the 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.

**4 Cook the shrimp**

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt, pepper, and the **Italian seasoning**. Toss to coat.
- 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.

**5 Cook the vegetables & finish the farro**

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



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

Tzatziki
Chicken SaladItalian Shrimp &
Vegetable Farro

Tzatziki 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**.
- Halve, pit, and medium dice the **nectarines**.
- Pick the **mint** leaves off of the stems.
- Roughly chop the **pistachios**.
- In a large bowl, combine the **buttermilk** and **weeknight hero spice blend**. Add the **chopped lettuce**, **diced nectarines**, **feta** (crumbling before adding), and **remaining cooked vegetables**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **sliced chicken**. Top the chicken with the **tzatziki**. Garnish with the **mint leaves** (tearing just before adding) and **chopped pistachios**. 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.

Italian Shrimp & Vegetable Farro

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.

Serve the shrimp

- Serve the **finished farro** topped with the **cooked shrimp**. Garnish with the **almonds**. Enjoy!

REHEATING INSTRUCTIONS

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