

Smoky-Spiced
Pork Chops

Chicken Lettuce Cups



MEAL PREP Wellness Bundle



See next page for details

Pork & Chicken

4 servings of each:

Chicken Lettuce Cups
with Vegetables &
Chipotle Sour Cream

Smoky-Spiced Pork Chops
Quinoa, Spinach & Poblano Peppers

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

Shared Cooking Ingredients

For Both Recipes

2
Poblano
Peppers2
Sweet Onions1
Lime½ lb
Grape Tomatoes1 Tbsp
Honey1 oz
Sliced Pickled
Jalapeño Pepper2 Tbsps
Red Wine
Vinegar

Smoky-Spiced Pork Chops

4
Boneless,
Center-Cut Pork
Chops1 cup
Tricolor Quinoa5 oz
Baby Spinach2 Tbsps
Grated Cotija
Cheese½ cup
Guacamole¾ cup
Guajillo Chile
Pepper Sauce1 Tbsp
Smoky Spice
Blend¹

Chicken Lettuce Cups

18 oz
Boneless
Chicken Breast
Pieces2 heads
Butter Lettuce2
Persian
Cucumbers½ cup
Sour Cream2 tps
Chipotle Chile
Paste3 Tbsps
Roasted Peanuts1 Tbsp
Mexican Spice
Blend²

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

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.

SMOKY-SPICED PORK CHOPS



6 - 11

PersonalPoints™
range per serving

7 93888 15295 3

CHICKEN LETTUCE CUPS



5 - 8

PersonalPoints™
range per serving

7 93888 15305 9

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

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.
- Halve, peel, and thinly slice the **onions**.
- Halve the **tomatoes**.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Halve the **lime** crosswise.
- In a bowl, combine the **sliced cucumbers**, the **juice of 1 lime half**, and a drizzle of **olive oil**. Season with salt and pepper.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **pickled jalapeño pepper**.
- Thoroughly wash your hands, knife, and cutting board immediately after handling the peppers.

**2 Cook & dress the quinoa**

- Add the **quinoa** to the pot of boiling water and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **spinach**, the **juice of the remaining lime half**, and the **guajillo sauce**. Stir until combined and the spinach is wilted. Taste, then season with salt and pepper if desired.

**3 Cook & slice the pork**

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **smoky spice blend**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.

**Step 3 continued:**

- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes.
- Slice the **rested pork** crosswise.
- Wipe out the pan.

4 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **Mexican spice blend**; toss to coat.
- 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 browned and cooked through.
- Transfer to a plate.
- Wipe out the pan.

**5 Cook the vegetables & finish the quinoa**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions** and **sliced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **halved tomatoes**, **vinegar** (carefully, as the liquid may splatter), **honey** (kneading the packet before opening), and **as much of the chopped jalapeño pepper 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. Turn off the heat.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **dressed quinoa**. Stir to combine; taste, then season with salt and pepper if desired.



*The USDA recommends a minimum safe cooking temperature of 145°F for pork.



Smoky-Spiced Pork Chops



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 pork chops

- Serve the **sliced pork chops** with the **finished quinoa and vegetables**. Garnish with the **guacamole** and **cheese**. Enjoy!



REHEATING INSTRUCTIONS

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

Chicken Lettuce Cups



STOP + STORE

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Finish & serve the chicken lettuce cups

- Cut off and discard the root end of the **lettuce**; carefully separate the leaves.
- Roughly chop the **peanuts**.
- In a bowl, combine the **sour cream** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.
- Serve the **lettuce leaves**, **cooked chicken**, **remaining cooked vegetables**, **chipotle sour cream**, **dressed cucumbers**, and **chopped peanuts** separately. Assemble each cup using 2 lettuce leaves. 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.