



Tuscan Pork Pasta

Barbecue Chicken Sandwiches



MEAL PREP Family Bundle

Pork & Chicken

4 servings of each:

Tuscan Pork Pasta
with Pesto, Peppers &
Romano Cheese

Barbecue Chicken Sandwiches
with Corn & Pepper Salad

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

Shared Cooking Ingredients

For Both Recipes

2
Bell Peppers1/2 lb
Grape Tomatoes4 ears of
Corn2 tsp
Honey2 Tbsp
Red Wine
Vinegar1/4 tsp
Crushed Red
Pepper Flakes

Tuscan Pork Pasta

18 oz
Ground Pork3/4 lb
Orecchiette
Pasta2 oz
Sliced Roasted
Red Peppers4 Tbsp
Crème Fraîche1/4 cup
Grated Romano
Cheese1/3 cup
Basil Pesto2 1/2 Tbsp
Vegetable
Demi-Glace2 Tbsp
Sliced Roasted
Almonds1 Tbsp
Tuscan Spice
Blend¹

Barbecue Chicken Sandwiches

18 oz
Boneless
Chicken Breast
Pieces4
Small Baguettes2
Romaine Lettuce
Hearts1/4 cup
Grated
Parmesan
Cheese4 oz
Shredded
Monterey Jack
Cheese1 oz
Garlic & Herb
Spreadable
Butter1/4 cup
Barbecue Sauce2 Tbsp
Vegetarian
Worcestershire
Sauce1 1/2 Tbsp
Spicy Maple
Syrup1/4 cup
Ranch Dressing1 Tbsp
Hot Sauce6 oz
Pickle Chips1 Tbsp
Weeknight Hero
Spice Blend²

1. Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage
 2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

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 & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Remove the **spreadable butter** from the refrigerator to soften.
- Preheat the oven to 450°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly crosswise.
- Halve the **tomatoes**.
- In a bowl, combine the **worcestershire sauce**, **barbecue sauce**, **maple syrup**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.

**2 Cook the pasta**

- Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 9 to 11 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{1}{2}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.

**3 Cook the pork**

- Meanwhile, 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, pepper, and the **Tuscan spice blend**. Cook, stirring frequently and breaking the meat apart with a spoon, 6 to 8 minutes, or until lightly browned.
- Add the **demi-glace** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the pot of **cooked pasta**.

**4 Cook the vegetables**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** and **sliced bell peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **halved tomatoes**, **honey** (kneading the packet before opening), **vinegar** (carefully, as the liquid may splatter), 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.
- Turn off the heat.

**5 Finish the pasta**

- To the pot of **cooked pasta and pork**, add **half the cooked vegetables**, **pesto**, **roasted red peppers**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until combined and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat; stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.

**6 Cook & coat the chicken**

- Transfer the **remaining cooked vegetables** to a large bowl; wipe out the pan.
- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **weeknight hero spice blend**; stir 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, 1 to 2 minutes, or until lightly browned.
- Add the **sauce** (carefully, as the liquid may splatter) and **softened butter**. Cook, stirring frequently, 1 to 2 minutes, or until the chicken is coated and cooked through and the sauce is slightly thickened.
- Turn off the heat.





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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.

Serve the pasta

- Serve the **finished pasta** garnished with the **romano** and **almonds**. Enjoy!

🔥 REHEATING INSTRUCTIONS

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

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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 chicken sandwiches

- Halve the **baguettes**.
- Roughly chop the **lettuce**.
- Line a sheet pan with foil.
- Transfer the **halved baguettes** to the foil, cut side up. Drizzle with **olive oil**; season with salt and pepper if desired. Evenly top the bottom halves of the baguettes with the **monterey jack**.
- Toast in the oven 5 to 7 minutes, or until the cheese is melted and the bread is lightly browned.
- Transfer the **toasted baguettes** to a work surface.
- Meanwhile, to the bowl of **remaining cooked vegetables**, add the **chopped lettuce**, **ranch dressing**, and **parmesan**. Season with salt and pepper if desired; toss to coat.
- Assemble the sandwiches using the **toasted baguettes**, **coated chicken**, and **pickle chips**.
- Serve the **sandwiches** with the **salad** on the side. 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.