

Maple-Mustard Salmon



Turkey Meatballs & Vegetable Barley



MEAL PREP Wellness Bundle



See next page for details

Salmon & Turkey

4 servings of each:

Maple-Mustard Salmon
with Zucchini, Corn &
Roasted Sweet Potatoes

**Turkey Meatballs &
Vegetable Barley**
with Creamy BBQ Sauce

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 turkey 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, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



4 ears
of Corn



2
Zucchini



2
Red Onions



2 cloves
Garlic



1 oz
Pickled Goathorn
Peppers



2 Tbsps
Red Wine
Vinegar



1/4 tsp
Crushed Red
Pepper Flakes

Maple-Mustard Salmon



4
Skin-On Salmon
Fillets



1 1/2 lbs
Sweet Potatoes



1/4 cup
Dijonnaise



1 1/2 Tbsps
Maple Syrup



2 Tbsps
Sliced Roasted
Almonds



1 Tbsp
Southern Spice
Blend¹

Turkey Meatballs & Vegetable Barley



18 oz
Ground Turkey



3/4 cup
Pearled Barley



1/2 cup
Panko
Breadcrumbs



1/3 cup
Mirepoix



2 Tbsps
Mayonnaise



1/4 cup
Barbecue Sauce



3 Tbsps
Roasted Peanuts



1 Tbsp
Smoky Spice
Blend²

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

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

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.

MAPLE-MUSTARD SALMON



8 - 18

PersonalPoints™
range per serving



7 93888 15415 5

TURKEY MEATBALLS & VEGETABLE BARLEY



11 - 13

PersonalPoints™
range per serving



7 93888 15425 4

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

- Preheat the oven 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.
- Medium dice the **sweet potatoes**.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onions**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, combine the **maple syrup** and **dijonnaise**.

**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 sweet potatoes**

- Meanwhile, transfer the **diced sweet potatoes** to the remaining sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **Southern spice blend**; toss to coat.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.

**4 Roast the fish**

- Meanwhile, line two sheet pans with foil.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Transfer to one sheet pan, skin side down. Evenly top with the **maple-mustard sauce**.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

**5 Form & cook the meatballs**

- Meanwhile, in a bowl, combine the **turkey**, **breadcrumbs**, **smoky spice blend**, and **mirepoix**. Gently mix until just combined.
- Using your hands, shape the mixture into 16 tightly packed meatballs.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium until hot.
- Add the **meatballs** in an even layer. Loosely cover the pan with foil and cook, without stirring, 5 to 7 minutes, or until browned. Continue to cook, stirring occasionally, 5 to 7 minutes, or until browned on all sides and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

**6 Cook the vegetables**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, until lightly browned.
- Add the **sliced onions**, **corn kernels**, and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and browned.
- Add the **peppers**, **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. Cook, stirring occasionally, 1 to 2 minutes, or until combined. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted sweet potatoes**; stir to combine. Taste, then season with salt and pepper if desired.
- Transfer the **remaining cooked vegetables** to the pot of **cooked barley**; stir to combine. Taste, then season with salt and pepper if desired.



Maple-Mustard
SalmonTurkey Meatballs &
Vegetable Barley

Maple-Mustard Salmon

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 salmon

- Serve the **roasted fish** with the **finished vegetables**. Garnish with the **almonds**. Enjoy!

REHEATING INSTRUCTIONS

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

Turkey Meatballs

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 turkey meatballs

- Roughly chop the **peanuts**.
- In a bowl, combine the **mayonnaise** and **barbecue sauce**.
- Serve the **cooked meatballs** over the **finished vegetable barley**. Drizzle with the **creamy BBQ sauce** and garnish with the **chopped peanuts**. Enjoy!

REHEATING INSTRUCTIONS

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