



## MEAL PREP Family Bundle

### Chicken & Pork

4 servings of each:

**Pesto Chicken Sandwiches**  
with Peach, Corn & Pepper Salad

**Italian Pork Chops & Potato Salad**

with Creamy Red Pepper Sauce & Pistachios

### 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](https://blueapron.com/wine)



Serve the chicken dish with Blue Apron wine that has this symbol based on its flavor profile.



Serve the pork dish with Blue Apron wine that has this symbol based on its flavor profile.



## TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, Spatula, Wooden Spoon, 1 Sheet Pan, 1 Large Nonstick Pan

## Shared Cooking Ingredients

## For Both Recipes

4 ears of  
Corn2  
Red Onions½ lb  
Sweet Peppers4 Tbsps  
Crème Fraîche2 Tbsps  
Red Wine  
Vinegar2 tsps  
Date Syrup1 tsp  
Whole Dried  
Oregano

## Pesto Chicken Sandwiches

18 oz  
Boneless  
Chicken Breast  
Pieces4  
Challah Buns2  
Romaine Lettuce  
Hearts1 oz  
Sweetie Drop  
Peppers2  
Peaches¼ cup  
Buttermilk½ cup  
Basil Pesto1 Tbsp  
Apple Cider  
Vinegar¼ cup  
Mayonnaise2 Tbsps  
Sliced Roasted  
Almonds1 Tbsp  
Weeknight Hero  
Spice Blend<sup>1</sup>

## Italian Pork Chops &amp; Potato Salad

4  
Boneless,  
Center-Cut Pork  
Chops1 ¼ lbs  
Potatoes2 oz  
Sliced Roasted  
Red Peppers2 oz  
Balsamic-  
Marinated  
Cipolline Onions¼ cup  
Grated  
Parmesan  
Cheese⅓ cup  
Salsa Verde2 Tbsps  
Roasted  
Pistachios1 Tbsp  
Italian  
Seasoning<sup>2</sup>

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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, then preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- 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 **red onions**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.

**2 Roast & dress the potatoes**

- Line a sheet pan with foil.
- Transfer the **diced potatoes** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 22 to 26 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a bowl; add the **salsa verde**. Stir to coat. Taste, then season with salt and pepper if desired.

**3 Cook & slice the pork**

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **Italian seasoning**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- 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.
- Wipe out the pan.
- Slice the **rested pork** crosswise.

**4 Cook the chicken**

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **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.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl.

**5 Cook the vegetables & finish the potato salad**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced sweet peppers, sliced red onions, and corn kernels**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **date syrup, oregano, and red wine vinegar** (carefully, as the liquid may splatter). 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 bowl of **dressed potatoes**; 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.



Pesto Chicken Sandwiches



Italian Pork Chops &amp; Potato Salad

## Pesto Chicken Sandwiches

### 📦 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 **buns**.
- Roughly chop the **lettuce**.
- Halve, pit, and thinly slice the **peaches**.
- In a large bowl, combine the **buttermilk**, **apple cider vinegar**, and **half the crème fraîche**. Add the **chopped lettuce**, **remaining cooked vegetables**, **sliced peaches**, and **almonds**. Season with salt and pepper; toss to coat.
- In a separate bowl, combine the **pesto** and **mayonnaise**.
- Wipe out the pan used to cook the vegetables.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Working in batches, add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.
- Assemble the sandwiches using the **toasted buns**, **pesto mayo**, **cooked chicken**, and **sweet drop peppers**.
- 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.

## Italian 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.

### Finish & serve the pork chops

- Roughly chop the **pistachios**.
- Roughly chop the **cipolline onions**.
- Roughly chop the **roasted red peppers**.
- In a bowl, combine the **chopped roasted peppers** and **remaining crème fraîche**; season with salt and pepper.
- Serve the **sliced pork** with the **finished potato salad**. Top the pork with the **creamy red pepper sauce**. Garnish with the **cheese**, **chopped pistachios**, and **chopped cipolline onions**. Enjoy!

### 🔥 REHEATING INSTRUCTIONS

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