



Rosemary-Peach  
Pork Chops

Spanish-Spiced  
Shrimp



## MEAL PREP Wellness Bundle



See next page for details

### Pork & Shrimp

4 servings of each:

#### Rosemary-Peach Pork Chops

with Roasted Potatoes, Vegetables  
& Pistachios

#### Spanish-Spiced Shrimp

with Romesco Vegetable Couscous  
& Almonds

### 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 pork 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, Spatula, Wooden Spoon, 1 Sheet Pan, 1 Medium Pot, 1 Large Nonstick Pan

## Shared Cooking Ingredients

For Both Recipes



4 ears of  
Corn



6 oz  
Shishito Peppers



2  
Red Onions



2 oz  
Sliced Roasted  
Red Peppers



1 oz  
Sweetie Drop  
Peppers



1/4 tsp  
Crushed Red  
Pepper Flakes

## Rosemary-Peach Pork Chops



4  
Boneless,  
Center-Cut Pork  
Chops



1 1/4 lbs  
Potatoes



2  
Peaches



1 bunch  
Rosemary



1 1/2 Tbsp  
Spicy Maple  
Syrup



2 Tbsp  
Red Wine  
Vinegar



1/4 cup  
Roasted  
Pistachios



1 Tbsp  
Weeknight Hero  
Spice Blend<sup>1</sup>

## Spanish-Spiced Shrimp



20 oz  
Tail-On Shrimp<sup>2</sup>



1 cup  
Yellow  
Couscous



1 oz  
Castelvetrano  
Olives



2 Tbsp  
Dried Currants



1 bunch  
Mint



1/4 cup  
Labneh Cheese



6 Tbsp  
Romesco Sauce<sup>3</sup>



2 Tbsp  
Sliced Roasted  
Almonds



1 Tbsp  
Spanish Spice  
Blend<sup>4</sup>

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

2. peeled & deveined

3. contains almonds

4. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

**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.

### ROSEMARY-PEACH PORK CHOPS



6 - 10

PersonalPoints™  
range per serving



7 93888 15465 0

### SPANISH-SPICED SHRIMP



9 - 12

PersonalPoints™  
range per serving



7 93888 15475 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](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; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve, peel, and thinly slice the **onions**.
- Pit and roughly chop the **olives**.
- Cut off and discard the stems of the **shishito peppers**; cut crosswise into ½-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.

**2 Roast the potatoes**

- Line a sheet pan with foil.
- Transfer the **diced potatoes** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**.
- Roast 22 to 26 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.

**3 Cook & slice the pork**

- Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- 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.
- Once rested, slice crosswise.
- Wipe out the pan.

**4 Cook the shrimp**

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt, pepper, and the **Spanish spice blend**. Toss to coat.
- In the same pan, 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 bowl.
- Wipe out the pan.

**5 Cook the couscous**

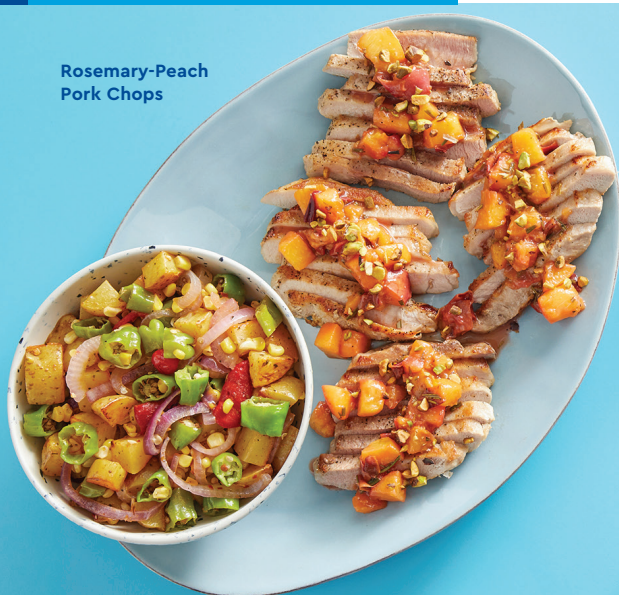
- In a medium pot, combine the **couscous** and **1 cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender.
- Fluff with a fork.

**6 Cook the vegetables**

- Meanwhile, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels**, **shishito pepper pieces**, and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **sweetie drop peppers**, **roasted red peppers**, 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 and the vegetables are softened. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted potatoes**; toss to combine. Taste, then season with salt and pepper if desired.
- Transfer the **remaining cooked vegetables** to the pot of **cooked couscous**. Add the **romesco sauce**, **currants**, and **chopped olives**. Stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



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

Rosemary-Peach  
Pork Chops

Spanish-Spiced Shrimp



## Rosemary-Peach Pork Chops

### Make the rosemary-peach sauce

- Halve, pit, and medium dice the **peaches**.
- Pick the **rosemary** leaves off the stems; roughly chop the leaves.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced peaches** and **chopped rosemary**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **maple syrup**, **vinegar** (carefully, as the liquid may splatter), and **2 teaspoons of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened and the peach is softened. Turn off the heat.



### 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**.
- Serve the **sliced pork** with the **finished potatoes and vegetables**. Top the pork with the **rosemary-peach sauce** and **chopped pistachios**. Enjoy!



### REHEATING INSTRUCTIONS

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

## Spanish-Spiced Shrimp



### 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 shrimp

- Pick the **mint** leaves off the stems.
- Serve the **cooked shrimp** with the **finished vegetable couscous**. Garnish with the **almonds**, **labneh**, and **mint leaves** (tearing just before adding). Enjoy!



### REHEATING INSTRUCTIONS

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