



Smoky Chicken &  
Lime Crème Fraîche

Mexican-Spiced Steaks &  
Potato Salad



## MEAL PREP Family Bundle

### Chicken & Steak

4 servings of each:

**Smoky Chicken &  
Lime Crème Fraîche**  
with Corn & Poblano Rice

**Mexican-Spiced Steaks &  
Potato Salad**  
with Guacamole & Cotija

### 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 steak 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 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

## Shared Cooking Ingredients

For Both Recipes



2  
Poblano  
Peppers



2  
Red Onions



4 ears of  
Corn



2 tps  
Honey



2 Tbsps  
Red Wine  
Vinegar



¼ tsp  
Crushed Red  
Pepper Flakes

## Smoky Chicken & Lime Crème Fraîche



4  
Boneless,  
Skinless Chicken  
Breasts



1 cup  
Long Grain  
White Rice



1 oz  
Sweetie Drop  
Peppers



1  
Lime



4 Tbsps  
Crème Fraîche



⅓ cup  
Crispy Onions



2 Tbsps  
Sliced Roasted  
Almonds



1 Tbsp  
Smoky Spice  
Blend<sup>1</sup>

## Mexican-Spiced Steaks & Potato Salad



4  
Flank Steaks



1 ¼ lbs  
Potatoes



¼ cup  
Sour Cream



2 Tbsps  
Grated Cotija  
Cheese



¼ cup  
Cilantro Sauce



½ cup  
Guacamole



1 Tbsp  
Mexican Spice  
Blend<sup>2</sup>

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

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**

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven 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 medium dice the **onions**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.

**2 Cook the rice**

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice, a big pinch of salt, and 2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

**3 Roast the potatoes**

- Meanwhile, line two sheet pans with foil.
- Transfer the **diced potatoes** to one sheet pan. 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 large bowl.

**4 Roast & slice the chicken**

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **smoky spice blend**.
- Transfer to the remaining sheet pan. Drizzle with **olive oil**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.

**5 Cook & slice the steaks**

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and the **Mexican spice blend**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.
- Once rested, find the lines of muscle (or grain) on the steaks; slice crosswise against the grain.

**6 Cook the vegetables**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels, diced onions, and diced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **vinegar** (carefully, as the liquid may splatter), **honey** (kneading the packet before opening), 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 thoroughly combined. Turn off the heat.
- Transfer **half the cooked vegetables** to the bowl of **roasted potatoes**. Add the **sour cream** and **cilantro sauce**; toss to combine. Taste, then season with salt and pepper if desired.
- Transfer the **remaining cooked vegetables** to the pot of **cooked rice**. Add the **sweet drop peppers** and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.





## Smoky Chicken

### 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

- Halve the **lime** crosswise.
- In a bowl, combine the **crème fraîche** and the **juice of 1 lime half** (you will have extra). Season with salt and pepper.
- Serve the **sliced chicken** with the **finished rice**. Drizzle with the **lime crème fraîche** and garnish with the **almonds** and **crispy onions**. Enjoy!

### REHEATING INSTRUCTIONS

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

## Mexican-Spiced Steaks

### 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 steaks

- Serve the **sliced steaks** with the **potato salad**. Top the steaks with the **guacamole** and **cotija**. Enjoy!

### REHEATING INSTRUCTIONS

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