

Shrimp Lettuce Cups

Southern-Spiced
Chicken



MEAL PREP Wellness Bundle



See next page for details

Shrimp & Chicken

4 servings of each:

Shrimp Lettuce Cups

with Veggies, Peanuts &
Chipotle Sour Cream

Southern-Spiced Chicken

with Vegetable Barley, Spicy Mayo &
Pickled Peppers

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

Shared Cooking Ingredients*

For Both Recipes



2
Poblano
Peppers



4 ears of
Corn



½ lb
Grape Tomatoes



2 tsps
Honey



2 Tbsps
Apple Cider
Vinegar



¼ tsp
Crushed Red
Pepper Flakes

Shrimp Lettuce Cups*



20 oz
Tail-On Shrimp¹



2 heads
Butter Lettuce



1
Lime



¼ cup
Sour Cream



2 tsps
Chipotle Chile
Paste



3 Tbsps
Roasted Peanuts



1 Tbsp
Mexican Spice
Blend²

Southern-Spiced Chicken*



4
Boneless,
Skinless Chicken
Breasts



¾ cup
Pearled Barley



1 oz
Sweety Drop
Peppers



¼ cup
Mayonnaise



2 Tbsps
Hot Sauce



1 Tbsp
Southern Spice
Blend³

1. peeled & deveined

2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

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

*Ingredients may be replaced and quantities may vary.

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.

SHRIMP LETTUCE CUPS



3 - 5

PersonalPoints™
range per serving



7 93888 15695 1

SOUTHERN-SPICED CHICKEN



6 - 11

PersonalPoints™
range per serving



7 93888 15685 2

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

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat 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.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**.
- Cut off and discard the stems of the **poblano peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.



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 & slice the chicken

- Meanwhile, line a sheet pan with foil.
- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and **Southern spice blend**.
- Transfer to the sheet pan.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



4 Cook the shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt, pepper, and the **Mexican spice blend**. Stir to coat.
- In a large pan (nonstick, if you have one), 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 plate.
- Wipe out the pan.



5 Cook the vegetables & finish the barley

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** and **sliced poblano peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **halved tomatoes**, **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. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the vegetables are softened. Turn off the heat.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **cooked barley**. Drizzle with **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.



Shrimp
Lettuce Cups

Southern-Spiced Chicken



Shrimp Lettuce Cups



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 lettuce cups

- Cut off the root ends of the **lettuce**; carefully separate the leaves.
- Roughly chop the **peanuts**.
- Halve the **lime** crosswise.
- In a bowl, combine the **sour cream**, the **juice of 1 lime half** (you will have extra), and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.
- Serve the **lettuce leaves**, **remaining cooked vegetables**, **cooked shrimp**, **chipotle sour cream**, and **chopped peanuts** separately. Assemble each cup using 2 lettuce leaves. Enjoy!



REHEATING INSTRUCTIONS

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

Southern-Spiced 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

- In a bowl, combine the **hot sauce** and **mayonnaise**.
- Serve the **sliced chicken** over the **finished vegetable barley**. Garnish with the **spicy mayo** and **sweet drop peppers**. Enjoy!



REHEATING INSTRUCTIONS

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