



Three Cheese
Pork Flatbread

Oven-Baked
Cheesy Chicken



MEAL PREP Family Bundle

Chicken & Pork

4 servings of each:

**Oven-Baked
Cheesy Chicken**
with Corn & Tomato Rice

**Three Cheese
Pork Flatbread**
with Arugula Salad

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 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, Wooden Spoon, 1 Medium Pot, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients*

For Both Recipes

4 ears of
Corn1/2 lb
Grape Tomatoes2
Red Onions2 Tbsp
Red Wine
Vinegar2 oz
Sliced Roasted
Red Peppers1 tsp
Whole Dried
Oregano

Oven-Baked Cheesy Chicken*

4
Boneless,
Skinless Chicken
Breasts1 cup
Long Grain
White Rice1 oz
Pickled
Peppadew
Peppers1 bunch
Parsley1 oz
Garlic & Herb
Spreadable
Butter4 oz
Shredded
Monterey Jack
Cheese1 Tbsp
Smoky Spice
Blend¹

Three Cheese Pork Flatbread*

18 oz
Ground Pork1 piece
Focaccia Bread4 oz
Arugula1 oz
Sweetie Drop
Peppers1.4 oz
Grana Padano
Cheese1/2 cup
Part-Skim
Ricotta Cheese4 oz
Fresh Mozzarella
Cheese4 oz
Shredded
Fontina Cheese1 8-oz can
Tomato Sauce1/4 cup
Balsamic
Vinegar1/4 tsp
Crushed Red
Pepper Flakes1 Tbsp
Italian
Seasoning²

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

2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

*Ingredients may be replaced and quantities may vary.

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 **spreadable butter** from the refrigerator to soften.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve, peel, and thinly slice the **onions**.
- Halve the **tomatoes**.
- Halve the **bread** horizontally.

**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. Add the **softened butter** and stir to combine. Taste, then season with salt and pepper if desired.

**3 Bake the chicken**

- Meanwhile, line two sheet pans with foil.
- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- Transfer to one sheet pan.
- Bake 18 minutes. Leaving the oven on, remove from the oven.
- Evenly top the chicken with the **monterey jack**.
- Return to the oven and bake 2 to 3 minutes, or until the cheese is melted and the chicken is cooked through.*
- Remove from the oven.

**4 Cook the vegetables & finish the rice**

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **halved tomatoes**, **red wine vinegar** (carefully, as the liquid may splatter), **roasted red peppers**, and **oregano**. Season with salt and pepper. 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 pot of **cooked rice**. Stir to combine.

**5 Assemble & bake the flatbread**

- In a bowl, combine the **pork**, **Italian seasoning**, 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.
- Place the **halved bread** on the remaining sheet pan, cut side up.
- Evenly top with the **tomato sauce**, **fontina**, **ricotta**, **mozzarella** (tearing into bite-sized pieces before adding), **remaining cooked vegetables**, and **seasoned pork** (crumbling into bite-sized pieces before adding); season with salt and pepper.
- Bake 17 to 19 minutes, or until the edges of the bread are lightly browned and crispy and the pork is cooked through.
- Remove from the oven.
- Let stand at least 2 minutes.



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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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

- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **peppadew peppers**.
- Serve the **baked chicken** with the **finished rice**. Garnish with the **chopped parsley** and **chopped peppadew peppers**. 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.

Three Cheese Pork Flatbread

STOP + STORE

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Finish & serve the flatbread

- Transfer the **baked flatbread** to a cutting board; cut into equal-sized pieces.
- Just before serving, in a bowl, combine the **arugula**, **sweaty drop peppers**, **Grana Padano** (crumbling before adding), **balsamic vinegar**, and a drizzle of **olive oil**; season with salt and pepper. Toss to coat.
- Serve the **flatbread** with the **salad** on the side. Enjoy!

REHEATING INSTRUCTIONS

If you saved the dish for later, preheat the oven to 450°F. Place the **flatbread** on a sheet pan. Bake 7 to 10 minutes, or until heated through and the cheese is melted. Finish and serve as directed.