



Mexican
Chicken Salad

Roasted Salmon &
Veggie Farro



MEAL PREP Wellness Bundle



See next page for details

Salmon & Chicken

4 servings of each:

Roasted Salmon & Veggie Farro

with Chipotle Sour Cream & Pepitas

Mexican Chicken Salad

with Corn, Tomatoes &
Guacamole Dressing

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 salmon 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
Zucchini



1
Poblano Pepper



4 ears of
Corn



2 tsps
Honey



2 Tbsps
Apple Cider
Vinegar



¼ tsp
Crushed Red
Pepper Flakes

Roasted Salmon & Veggie Farro*



4
Skin-On Salmon
Fillets



1 cup
Semi-Pearled
Farro



2 Tbsps
Raw Pepitas



¼ cup
Sour Cream



2 tsps
Chipotle Chile
Paste



1 Tbsp
Smoky Spice
Blend¹

Mexican Chicken Salad*



22 oz
Chicken Breast
Strips



1
Romaine Lettuce
Heart



½ lb
Grape Tomatoes



2 oz
Arugula



1 oz
Sliced Pickled
Jalapeño Pepper



2 Tbsps
Grated Cotija
Cheese



¼ cup
Guacamole



⅓ cup
Tomatillo-
Poblano Sauce



1 Tbsp
Mexican Spice
Blend²

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

*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.

ROASTED SALMON & VEGGIE FARRO



6 - 14

PersonalPoints™
range per serving



7 93888 15775 0

MEXICAN CHICKEN SALAD



1 - 6

PersonalPoints™
range per serving



7 93888 15785 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

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.
- Medium dice the **zucchini**.
- Halve the **tomatoes**.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **jalapeño pepper**.
- Thoroughly wash your hands, knife, and cutting board immediately after handling the peppers.
- In a bowl, combine the **halved tomatoes** and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with **olive oil** and season with salt and pepper. Stir to combine.



2 Cook the farro

- Add the **farro** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Roast the fish

- Meanwhile, line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **smoky spice blend**.
- Transfer to the sheet pan, skin side down. Drizzle with **olive oil**.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **Mexican spice blend**; toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



5 Cook the vegetables & finish the farro

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels**, **sliced poblano pepper**, and **diced zucchini**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **vinegar**, **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 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 farro**. Drizzle with **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.



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



Roasted Salmon & Veggie Farro



Mexican Chicken Salad

Roasted Salmon



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 salmon

- In a bowl, combine the **sour cream** 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.
- Roughly chop the **pepitas**.
- Serve the **roasted fish** with the **finished farro**. Garnish with the **chipotle sour cream** and **chopped pepitas**. Enjoy!



REHEATING INSTRUCTIONS

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

Mexican Chicken Salad



STOP + STORE

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Finish & serve the chicken salad

- Roughly chop the **lettuce**.
- In a large bowl, combine the **guacamole** and **tomatillo sauce**.
- Add the **chopped lettuce**, **arugula**, **jalapeño-tomato mixture**, and **remaining cooked vegetables**; season with salt and pepper. Toss to coat.
- Serve the **cooked chicken** over the **salad**. Garnish with the **cheese**. 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.