



Honey-Lime Chicken

Shrimp &
Romesco Couscous



MEAL PREP Wellness Bundle



See next page for details

Chicken & Shrimp

4 servings of each:

Honey-Lime Chicken
with Corn, Peach & Cilantro Salad

**Shrimp &
Romesco Couscous**
with Tzatziki, Mint & Pistachios

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 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 Medium Pot, 1 Large Nonstick Pan

Shared Cooking Ingredients*

For Both Recipes

2
Red Onions6 oz
Shishito Peppers4 ears of
Corn1 oz
Sliced Pickled
Jalapeño Pepper2 Tbsps
Red Wine
Vinegar¼ tsp
Crushed Red
Pepper Flakes

Honey-Lime Chicken*

4
Boneless,
Skinless Chicken
Breasts2
Persian
Cucumbers½ lb
Grape Tomatoes2
Peaches1
Lime2 tps
Honey¼ cup
Cilantro Sauce1 Tbsp
Weeknight Hero
Spice Blend¹

Shrimp & Romesco Couscous*

20 oz
Tail-On Shrimp²1 cup
Yellow
Couscous1 Tbsp
Capers1 oz
Prunes1 bunch
Mint½ cup
Tzatziki³6 Tbsps
Romesco Sauce⁴2 Tbsps
Roasted
Pistachios1 Tbsp
Spanish Spice
Blend⁵

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

2. peeled & deveined

3. cucumber-yogurt sauce

4. contains almonds

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

*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.

HONEY-LIME CHICKEN



1 - 7

PersonalPoints™
range per serving

7 93888 15845 0

SHRIMP & ROMESCO COUSCOUS



8 - 11

PersonalPoints™
range per serving

7 93888 15853 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.
- 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**.
- Finley chop the **prunes**.
- Cut off and discard the stems of the **shishito peppers**; cut crosswise into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.

**2 Cook & slice the chicken**

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **weeknight hero 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 chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Transfer to a cutting board; when cool enough to handle, slice crosswise.
- Wipe out the pan.

**3 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 plate.
- Wipe out the pan.

**4 Cook the couscous**

- Meanwhile, 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.

**5 Cook the vegetables & finish the couscous**

- 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 **vinegar** (carefully, as the liquid may splatter), **as much of the red pepper flakes as you'd like**, and **as much of the pickled jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 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 couscous**. Add the **romesco sauce**, **capers**, **chopped prunes**, 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.

Honey-Lime
ChickenShrimp &
Romesco Couscous

Honey-Lime 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, pit, and medium dice the **peaches**.
- Halve the **tomatoes**.
- Thinly slice the **cucumbers** into rounds.
- Combine in a large bowl.
- Add the **cilantro sauce** and **remaining cooked vegetables**. Stir to combine. Taste, then season with salt and pepper if desired.
- Halve the **lime** crosswise.
- In a separate bowl, combine the **honey** (kneading the packet before opening) and **the juice of 1 lime half** (you will have extra).
- Serve the **sliced chicken** with the **salad**. Top the chicken with the **honey-lime sauce**. 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.

Shrimp & Romesco Couscous

🍽️ 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

- Roughly chop the **pistachios**.
- Pick the **mint** leaves off the stems.
- Serve the **finished couscous** topped with the **cooked shrimp**. Garnish with the **chopped pistachios**, **tzatziki**, 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.