



Salsa Verde Salmon & Romaine Salad

Seared Pork & Tzatziki



## MEAL PREP Wellness Bundle



See next page for details

## Salmon & Pork

4 servings of each:

**Salsa Verde Salmon & Romaine Salad**  
with Corn, Tomatoes & Peppers

**Seared Pork & Tzatziki**  
with White Bean Salad & Mint

## 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 salmon 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, Spatula, Wooden Spoon, 1 Sheet Pan, 1 Large Nonstick Pan

## Shared Cooking Ingredients\*

## For Both Recipes

4 ears of  
Corn2  
Red Onions2  
Bell Peppers2 oz  
Sliced Roasted  
Red Peppers2 tps  
Honey1/4 tsp  
Crushed Red  
Pepper Flakes

## Salsa Verde Salmon &amp; Romaine Salad\*

4  
Skin-On Salmon  
Fillets2  
Romaine Lettuce  
Hearts1 oz  
Balsamic-Marinated  
Cipolline Onions2 Tbsps  
Tahini1 Tbsp  
Fig Spread1/2 cup  
Salsa Verde1 Tbsp  
Calabrian Chile  
Paste2 Tbsps  
Roasted  
Pistachios

## Seared Pork &amp; Tzatziki\*

4  
Boneless,  
Center-Cut Pork  
Chops2 15.5-oz cans  
Cannellini Beans1 oz  
Sweetie Drop  
Peppers1/2 lb  
Grape Tomatoes1 bunch  
Mint1 1/2 oz  
Feta Cheese1/2 cup  
Tzatziki<sup>1</sup>2 Tbsps  
Red Wine  
Vinegar2 Tbsps  
Sliced Roasted  
Almonds1 tsp  
Whole Dried  
Oregano1 Tbsp  
Weeknight Hero  
Spice Blend<sup>2</sup>

1. cucumber-yogurt sauce

2. Onion Powder, Garlic Powder, Smoked Paprika &amp; Whole Dried Parsley

\*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.

## SALSA VERDE SALMON &amp; ROMAINE SALAD



7 - 15

PersonalPoints™  
range per serving

7 93888 15915 0

## SEARED PORK &amp; TZATZIKI



7 - 11

PersonalPoints™  
range per serving

7 93888 15925 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](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.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and thinly slice the **red onions**.
- Drain and rinse the **beans**.
- Halve the **tomatoes**.

**2 Roast the fish**

- Line a sheet pan with foil.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- 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.

**3 Cook & slice the pork**

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.

**Step 3 continued:**

- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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, slice crosswise.

**4 Cook the vegetables & make the white bean salad**

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels, sliced bell peppers, and sliced onions**. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **honey** (kneading the packet before opening), **roasted red peppers**, 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 a large bowl. Add the **drained beans, halved tomatoes, vinegar, oregano, feta** (crumbling before adding), and **2 tablespoons of olive oil**. Season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.



Salsa Verde Salmon  
& Romaine Salad

Seared Pork &amp; Tzatziki

## Salsa Verde 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

- Roughly chop the **pistachios**.
- Roughly chop the **cipolline onions**.
- Roughly chop the **lettuce**.
- In a large bowl, combine the **tahini**, **fig spread**, **1 tablespoon of water**, 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.
- Add the **chopped lettuce** and **remaining cooked vegetables**. Toss to combine.
- Serve the **roasted fish** with the **salad**. Drizzle the fish with the **salsa verde**. Garnish with the **chopped pistachios** and **chopped onions**. Enjoy!

### REHEATING INSTRUCTIONS

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

## Seared Pork

### 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 pork

- Pick the **mint** leaves off the stems.
- Serve the **sliced pork** with the **white bean salad**. Top the pork with the **tzatziki**. Garnish the salad with the **sweet drop peppers**, **almonds**, and **mint leaves** (tearing just before adding). Enjoy!

### REHEATING INSTRUCTIONS

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