

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.



Wine pairings available from blueapron.com/wine



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



Red Onions



Bell Peppers



2 oz Sliced Roasted **Red Peppers**



2 tsps

½ tsp Crushed Red

Pepper Flakes

Salsa Verde Salmon & Romaine Salad*



Skin-On Salmon Fillets

1 Tbsp

Fig Spread



Romaine Lettuce Hearts



Balsamic-Marinated Cipolline Onions



2 Thsps



1/3 CUD





1 Tbsp Calabrian Chile Paste





2 Tbsps Roasted Pistachios

Seared Pork & Tzatziki*



Boneless, Center-Cut Pork Chops



2 15 5-oz cans Cannellini Beans



Sweety Drop



1/2 lb **Grape Tomatoes**



1 ½ oz



1/2 CUD



2 Tbsps Vinegar



1 bunch

2 Tbsps Sliced Roasted Almonds



1 tsp Whole Dried Oregano



1 Tbsp Weeknight Hero Spice Blend²

- 1. cucumber-vogurt sauce
- 2. Onion Powder, Garlic Powder, Smoked Paprika & 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 & ROMAINE SALAD





PersonalPoints' range per serving



SEARED PORK & TZATZIKI





Personal Points' range per serving



Now your Points value is personalized to YOU! Scan the barcodes to see yours!

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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

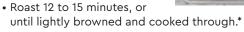
- Remove the honey from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.



- 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.



• Remove from the oven.



- 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



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 sweety 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.

