



## MEAL PREP Wellness Bundle



See next page for details

### Salmon & Chicken

4 servings of each:

**Sweet & Spicy Salmon**  
with Vegetable Brown Rice &  
Marinated Cucumbers

**Togarashi Chicken Salad**  
with Shishito Peppers, Corn &  
Sesame Seeds

### 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 chicken 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 Sheet Pan, 1 Large Nonstick Pan

## Shared Cooking Ingredients

For Both Recipes



4 ears of  
Corn



2  
Red Onions



2  
Bell Peppers



6 oz  
Shishito Peppers



2 Tbsp  
Soy Sauce



1 Tbsp  
Rice Vinegar



1/4 tsp  
Crushed Red  
Pepper Flakes

## Sweet & Spicy Salmon



4  
Skin-On Salmon  
Fillets



1 1/2 cups  
Brown Rice



2  
Persian  
Cucumbers



2 tsp  
Date Syrup



2 Tbsp  
Mirin<sup>1</sup>



1 Tbsp  
Gochujang



3 Tbsp  
Roasted  
Cashews

## Togarashi Chicken Salad



4  
Boneless,  
Skinless Chicken  
Breasts



2  
Romaine Lettuce  
Hearts



1 bunch  
Mint



4 tsp  
Honey



2 Tbsp  
Tahini



1 Tbsp  
Sambal Oelek



2 Tbsp  
Sesame Oil



3 Tbsp  
Roasted Peanuts



1 Tbsp  
Togarashi  
Seasoning<sup>2</sup>



1 tsp  
Black & White  
Sesame Seeds

1. salted cooking wine  
2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

**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.

### SWEET & SPICY SALMON



4 - 18

PersonalPoints™  
range per serving



7 93888 15315 8

### TOGARASHI CHICKEN SALAD



5 - 10

PersonalPoints™  
range per serving



7 93888 15325 7

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](http://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](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](http://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.
- Halve, peel, and thinly slice the **onions**.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Cut off and discard the stems of the **shishito peppers**; cut crosswise into ½-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.

**2 Cook the rice**

- 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, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

**3 Roast the fish**

- Meanwhile, 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 and arrange 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 & slice the chicken**

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **togarashi**.
- 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.
- Rinse and wipe out the pan.

**5 Cook the vegetables & finish the rice**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **shishito pepper pieces**, **sliced onions**, **sliced bell peppers**, and **corn kernels**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **vinegar** (carefully, as the liquid may splatter), **soy sauce**, 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 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 rice**; stir to combine. Taste, then season with salt and pepper if desired.





## Sweet & Spicy 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

- Thinly slice the **cucumbers** into rounds.
- In a bowl, combine the **sliced cucumbers** and **mirin**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Roughly chop the **cashews**.
- In a bowl, combine the **gochujang** and **date syrup**.
- Serve the **roasted fish** with the **finished rice**. Top the fish with the **sauce**. Garnish with the **marinated cucumbers** and **chopped cashews**. Enjoy!

### REHEATING INSTRUCTIONS

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

## Togarashi Chicken Salad

### 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 salad

- Roughly chop the **lettuce**.
- Roughly chop the **peanuts**.
- Pick the **mint** leaves off the stems.
- In a large bowl, whisk together the **honey** (kneading the packet before opening), **sesame oil**, **tahini**, **1 tablespoon of olive oil**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.
- Add the **chopped lettuce** and **remaining cooked vegetables**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **sliced chicken**. Garnish with the **chopped peanuts**, **sesame seeds**, and **mint leaves** (tearing just before adding). 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.