



Vadouvan Shrimp Tacos



Orange-Miso Chicken



MEAL PREP Family Bundle

Shrimp & Chicken

4 servings of each:

Vadouvan Shrimp Tacos
with Marinated Cucumbers &
Roasted Cauliflower

Orange-Miso Chicken
with Sesame Ginger Salad &
Aromatic Rice

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 shrimp 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, Wooden Spoon, Spatula, 1 Medium Pot, 1 Sheet Pan, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



2
Red Onions



2
Bell Peppers



2
Persian
Cucumbers



2 Tbsps
Vegetarian
Ponzu Sauce



2 tps
Honey



2 Tbsps
Mirin¹



¼ tsp
Crushed Red
Pepper Flakes

Vadouvan Shrimp Tacos



18 oz
Tail-On Shrimp²



8
Flour Tortillas



1 head
Cauliflower



2 Tbsps
Soy Sauce



¼ cup
Sweet Chili
Sauce



¼ cup
Mayonnaise



½ cup
Crispy Onions



2 oz
Sweetened
Toasted
Coconut Chips



2 tps
Vadouvan Curry
Powder

Orange-Miso Chicken



4
Boneless,
Skinless Chicken
Breasts



1 cup
Long Grain
White Rice



4 oz
Arugula



⅓ cup
Asian-Style
Sautéed
Aromatics



3 Tbsps
Soy-Miso Sauce



1 Tbsp
Rice Vinegar



2 Tbsps
Orange
Marmalade



¼ cup
Sesame Ginger
Dressing



¼ cup
Roasted Peanuts



1 tsp
Black & White
Sesame Seeds



1 Tbsp
Togarashi
Seasoning³

1. salted cooking wine

2. peeled & deveined

3. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

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, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onions**.
- 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.

**2 Make the aromatic rice**

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, **sautéed aromatics**, **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, 13 to 15 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 cauliflower**

- Meanwhile, line a sheet pan with foil.
- Transfer the **cauliflower florets** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven; top with the **soy sauce**. Carefully stir to coat. Taste, then season with salt and pepper if desired.

**4 Cook & slice the chicken**

- Meanwhile, 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, thinly slice crosswise.
- Rinse and wipe out the pan.

**5 Cook the shrimp**

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; season with the **curry powder** and stir 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 bowl.
- Wipe out the pan.

**6 Cook the vegetables & finish the rice**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced onions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Add the **ponzu sauce** (carefully, as the liquid may splatter), **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 combined.
- Leaving the rest in the pan, transfer **half the cooked vegetables** to the pot of **aromatic rice**. Stir to combine. Taste, then season with salt and pepper if desired.



Vadouvan
Shrimp TacosOrange-Miso
Chicken

Vadouvan Shrimp Tacos

📦 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 tacos

- In a bowl, combine the **sweet chili sauce** and **mayonnaise**.
- Wrap the **tortillas** in a damp paper towel and microwave on high 1 minute, or until heated through.
- Transfer the warmed tortillas to a work surface and carefully unwrap.
- Assemble the tacos using the **warmed tortillas**, **cooked shrimp**, **remaining cooked vegetables**, **half the marinated cucumbers**, and **sweet chili mayo**.
- Serve the **tacos** with the **roasted cauliflower**. Garnish with the **coconut chips** and **crispy onions**. Enjoy!

🔥 REHEATING INSTRUCTIONS

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

Orange-Miso 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

- In a bowl, combine the **orange marmalade**, **soy-miso sauce**, and **vinegar**.
- In a separate, large bowl, combine the **arugula**, **remaining marinated cucumbers**, and **sesame ginger dressing**. Season with salt and pepper; toss to combine.
- Roughly chop the **peanuts**.
- Serve the **sliced chicken** with the **salad** and **finished rice**. Top the chicken with the **orange-miso sauce**. Garnish with the **sesame seeds** and **chopped peanuts**. Enjoy!

🔥 REHEATING INSTRUCTIONS

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