

Blue Apron Add-ons

MENU FOR
July 04–10, 2022

COOK ALONG WITH 

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Prosciutto & Mozzarella Sandwiches

with Arugula & Calabrian Mayo



2 SERVINGS | ⌚ 15-25 MIN



3 oz Prosciutto



2 oz Arugula



1 ½ tsps Calabrian Chile Paste



¼ cup Mayonnaise



2 Small Baguettes



4 oz Fresh Mozzarella Cheese



1 Tbsp Red Wine Vinegar



1 tsp Whole Dried Oregano

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **arugula**.
- Halve the **baguettes**.
- Tear the **cheese** into bite-sized pieces; place in a bowl. Add the **vinegar**, **2 tablespoons of olive oil**, and **up to half the oregano** (you will have extra). Season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.
- In a bowl, combine the **mayonnaise** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

2 Toast the baguettes

- Meanwhile, line a sheet pan with foil.
- Transfer the **halved baguettes** to the foil, cut side up. Drizzle with **olive oil**.
- Toast in the oven 6 to 8 minutes, or until the bread is lightly browned and crispy around the edges.
- Remove from the oven.

3 Assemble the sandwiches & serve your dish

- To the bowl of **marinated cheese**, add the **arugula**; toss to combine. Taste, then season with salt and pepper if desired.
- Assemble the sandwiches using the **toasted baguettes**, **Calabrian mayo**, **prosciutto pieces**, and **arugula-cheese mixture**. Enjoy!

Peach & Ricotta Toasts

with Balsamic Onions & Pistachios



2-4 SERVINGS | ⌚ 10-20 MIN



1 Small Baguette



1 oz Balsamic-Marinated
Cipolline Onions



¼ cup Grated Romano
Cheese



2 Tbsps Balsamic
Vinegar



1 Peach



½ cup Part-Skim Ricotta
Cheese



2 tsps Date Syrup



2 Tbsps Roasted
Pistachios

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Slice the **baguette** crosswise into 8 equal-sized rounds.
- Roughly chop the **onions**.
- Roughly chop the **pistachios**.
- Wash and dry the **peach**, then halve, pit, and thinly slice.
- In a bowl, combine the **ricotta** and **romano**; season with salt and pepper.
- In a separate bowl, combine the **date syrup**, **chopped onions**, 1 tablespoon of **olive oil**, and the **sliced peach**. Season with salt and pepper; set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.

2 Make the toasts & serve your dish

- Place the **baguette rounds** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 4 to 5 minutes, or until lightly browned and crispy.
- Remove from the oven.
- Evenly top the **toasted baguette rounds** with the **seasoned ricotta** and **marinated peach**. Drizzle with the **vinegar** and garnish with the **chopped pistachios**. Enjoy!

Salsa Verde Zucchini & Tomatoes

with Mozzarella & Mint



2-4 SERVINGS | ⌚ 15-25 MIN



2 Zucchini



1 bunch Mint



1/3 cup Salsa Verde



2 Tbsps Sliced Roasted Almonds



4 oz Grape Tomatoes



4 oz Fresh Mozzarella Cheese



1 Tbsp Red Wine Vinegar



1 tsp Whole Dried Oregano

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Halve the **tomatoes**. Place in a large bowl; add the **vinegar** and season with salt and pepper. Stir to coat.
- Pick the **mint** leaves off the stems.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.

2 Cook the zucchini

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt, pepper, and the **oregano**. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Turn off the heat.

3 Finish & serve your dish

- To the bowl of **marinated tomatoes**, add the **cooked zucchini** and **salsa verde**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished vegetables** topped with the **cheese** (tearing into bite-sized pieces before adding), **mint leaves** (tearing just before adding) and **almonds**. Enjoy!

Protein Add-ons

Weekly selections, ready for your creativity

GETTING STARTED

Remember to always pat your proteins dry and season with salt and pepper.



Beef



10 oz or 20 oz
Ground Beef

Internal Temperature: 160°F

To cook: In a bowl, combine the beef, salt, and pepper. Gently mix to combine. Form into two or four ½-inch-thick patties. In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the patties. Cook 4 to 5 minutes per side (flipping carefully, as the oil may splatter), or until browned and cooked through.



Seafood



2 or 4 Skin-On
Salmon Fillets

Internal Temperature: 145°F

To cook: In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.



Plant-Based



2 or 4 Black Bean &
Red Pepper Patties

Internal Temperature: N/A

To cook: In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the patties. Cook 4 to 6 minutes per side, or until browned and heated through.

Chipotle Corn Breakfast Tacos

with Poblano Pepper & Lime Sour Cream



2 SERVINGS

⌚ 20-30 MIN



4 Pasture-Raised Eggs



2 ears of Corn



1 Lime



½ cup Sour Cream



2 tsps Chipotle Chile Paste



4 Flour Tortillas



1 Poblano Pepper



2 Scallions



2 tsps Date Syrup

1 Prepare the ingredients

- Wash and dry the fresh produce.
 - Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
 - Remove any husks and silks from the **corn**; cut the kernels off the cobs.
 - Quarter the **lime**. In a bowl, combine the **sour cream** and the **juice of 2 lime wedges**; season with salt and pepper.
 - Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands and cutting board immediately after handling.
 - Crack the **eggs** into a bowl; add **2 teaspoons of water**. Season with salt and pepper. Beat until smooth.
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2 Cook & glaze the vegetables

- In a medium nonstick pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
 - Add the **sliced white bottoms of the scallions** and **corn kernels**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
 - Add the **date syrup** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined.
 - Transfer to a bowl. Taste, then season with salt and pepper if desired. Rinse and wipe out the pan.
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3 Scramble the eggs

- In the same pan, heat a drizzle of **olive oil** on medium until hot.
 - Add the **beaten eggs**. Cook, stirring constantly, 2 to 3 minutes, or until cooked through.
 - Turn off the heat. Taste, then season with salt and pepper if desired.
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4 Warm the tortillas & serve your dish

- Wrap the **tortillas** in a damp paper towel and microwave on high 1 minute, or until heated through. Transfer to a work surface and carefully unwrap.
- Assemble the tacos using the **warmed tortillas**, **lime sour cream**, **scrambled eggs**, **glazed vegetables**, and **sliced green tops of the scallions**.
- Serve the **tacos** with the **remaining lime wedges** on the side. Enjoy!



Greek Panzanella Salad

with Feta & Olives



2-4 SERVINGS

⌚ 15-25 MIN



1 Small Baguette



2 Persian Cucumbers



2 oz Arugula



1 ½ oz Feta Cheese



1 tsp Whole Dried Oregano



1 oz Pitted Niçoise Olives



1 clove Garlic



4 oz Grape Tomatoes



2 Tbsps Red Wine Vinegar

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a large bowl, combine the **halved tomatoes, vinegar, oregano, 2 tablespoons of olive oil**, and **as much of the garlic paste as you'd like**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Medium dice the **baguette**.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.



2 Make the croutons

- Line a sheet pan with foil.
- Transfer the **diced baguette** to the foil; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Toast in the oven 6 to 8 minutes, or until browned and crispy. Remove from the oven and let cool.



3 Make the salad & serve your dish

- To the bowl **marinated tomatoes**, add the **sliced cucumbers, arugula, croutons, feta** (crumbing before adding) and **olives**; toss to combine.
- Taste, then season with salt and pepper if desired. Enjoy!



Pistachio-Almond Semifreddo

with Chocolate



8 SERVINGS

⌚ ABOUT 3 HOURS: 13 MIN ACTIVE, 180 MIN INACTIVE



2 oz Semi-Sweet
Chocolate Chips



1 Lemon



½ cup Plain Nonfat
Greek Yogurt



2 Tbsps Sliced Roasted
Almonds



1 cup Powdered Sugar



½ cup Cream



¼ cup Roasted
Pistachios

1 Prepare the ingredients

- Roughly chop the **pistachios**.
- Wash and dry the **lemon**; using a zester or small side of a box grater, finely grate to get 2 teaspoons. Halve the lemon crosswise; squeeze the juice into a large bowl, straining out the seeds.
- In a medium bowl (or the bowl of stand mixer), combine the **cream** and **2 tablespoons of the sugar**. Whisk constantly, 2 to 3 minutes (if using a hand mixer or stand mixer, beat on high about 2 minutes), or until stiff peaks form.



2 Mix the semifreddo filling

- To the bowl of **lemon juice**, add the **yogurt**, **lemon zest**, and **remaining sugar**. Whisk to thoroughly combine.
- Transfer **half the whipped cream** to the bowl of **lemon yogurt**. Carefully fold to combine.
- Add the **remaining whipped cream** to the bowl. Using as few strokes as possible, fold until just combined.
- Add the **chopped pistachios** and **almonds**; carefully fold to incorporate.



3 Make the semifreddo & serve your dish

- Line a loaf pan with plastic wrap, leaving a 2-inch border hanging over the sides.
- Transfer the **filling** to the pan and spread in an even layer. Cover with the plastic wrap and freeze at least 3 hours, or until set.
- When ready to serve, in a microwave-safe bowl, combine the **chocolate chips** and **1 tablespoon of water**. Working in 30 second increments, microwave on high, stirring in between batches, until melted and combined.
- Invert the **semifreddo** onto a serving dish and remove the plastic wrap. Drizzle with the **melted chocolate**. Enjoy!





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Food safety handling information: blog.blueapron.com/foodsafety. This statement applies to all recipes.

Ingredients and quantities in each recipe may vary.

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

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