

IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.\*

#### **Ingredients**

Customized ingredients



SWAPPED FOR:









½ lb Orzo Pasta



2 Zucchini



1 bunch Parsley



2 Tbsps Crème



2 cloves Garlic



4 oz Sweet Peppers



1 Lemon



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



# Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>1.</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

<sup>\*</sup>Ingredients may be replaced and quantities may vary.



#### "Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- · Wash and dry the fresh produce.
- · Quarter the zucchini lengthwise, then cut crosswise into 1/2-inch pieces.
- · Cut off and discard the stems of the peppers; remove the cores, then thinly slice lengthwise.



- Peel and roughly chop 2 cloves of garlic.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the parsley leaves and stems.

### 2 Cook the pasta

- Add the pasta to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- · Drain thoroughly and return to the pot.



### 3 Cook the vegetables & finish the pasta

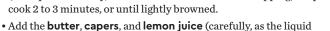
- · Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the zucchini pieces, sliced peppers, and chopped garlic; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Turn off the heat.



- Transfer the cooked vegetables to the pot of cooked pasta. Add the crème fraîche and a drizzle of olive oil; stir to thoroughly combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- · Wipe out the pan.

#### 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the spice blend.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes, or until browned



- may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.\*
- Turn off the heat.
- Serve the cooked fish and sauce over the finished pasta. Garnish with the chopped parsley. Enjoy!

### **CUSTOMIZED STEP 4** If you chose Salmon

- Pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and the spice blend.
- In the same 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 the fish. Add the butter, capers, and lemon juice (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.\*
- Turn off the heat.
- Serve the cooked fish and sauce over the finished pasta. Garnish with the chopped parsley. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.



