



Shawarma-Spiced Salmon

Mexican Chicken & Rice Bowls



MEAL PREP Wellness Bundle



See next page for details

Salmon & Chicken

4 servings of each:

Shawarma-Spiced Salmon
with Roasted Vegetables & Romaine Salad

Mexican Chicken & Rice Bowls
with Jalapeño-Peach Salsa & Cotija

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 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, 2 Sheet Pans, 1 Large Nonstick Pan

Shared Cooking Ingredients

For Both Recipes



1 lb
Sweet Potatoes



2
Red Onions



2
Bell Peppers



2 Tbsps
Red Wine
Vinegar



2 Tbsps
Maple Syrup



1 Tbsp
Weeknight Hero
Spice Blend¹

Shawarma-Spiced Salmon



4
Skin-On Salmon
Fillets



2
Romaine Lettuce
Hearts



1 oz
Pickled Peppadew
Peppers



1
Lemon



3 oz
Feta Cheese



¼ cup
Tahini



2 tsps
Date Syrup



¼ cup
Roasted
Pistachios



¼ tsp
Crushed Red
Pepper Flakes



1 Tbsp
Shawarma Spice
Blend²

Mexican Chicken & Rice Bowls



4
Boneless,
Skinless Chicken
Breasts



1 ½ cups
Brown Rice



1 oz
Sliced Pickled
Jalapeño Pepper



2
Peaches



2 Tbsps
Grated Cotija
Cheese



½ cup
Cilantro Sauce



3 Tbsps
Roasted Peanuts



1 Tbsp
Mexican Spice
Blend³

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
3. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

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.

SHAWARMA-SPICED SALMON



10 - 18

PersonalPoints™
range per serving



MEXICAN CHICKEN & RICE BOWLS



4 - 15

PersonalPoints™
range per serving



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. 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 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

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve and peel the **onions**; cut into 1-inch-wide wedges.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Medium dice the **sweet potatoes**.
- Halve, pit, and medium dice the **peaches**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **diced peaches** and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with **olive oil**; season with salt and pepper. Stir to coat.

**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 & dress the vegetables**

- Meanwhile, in a large bowl, whisk together the **vinegar** and **maple syrup**; season with salt and pepper.
- Line two sheet pans with foil.
- Transfer the **onion wedges**, **diced bell peppers**, and **diced sweet potatoes** to one sheet pan. Drizzle with **olive oil**; season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat and arrange in an even layer.

**Step 3 continued:**

- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Transfer to the bowl of **maple-vinegar mixture**. Toss to coat. Taste, then season with salt and pepper if desired.

4 Roast the fish

- Meanwhile, pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **shawarma spice blend**.
- Transfer to the remaining sheet pan, skin side down.
- Roast 12 to 15 minutes, or until lightly browned and cooked through.*
- Remove from the oven.

**5 Finish the rice**

- Transfer **half the dressed vegetables** to the pot of **cooked rice**. Add the **cilantro sauce**; stir to combine.
- Taste, then season with salt and pepper if desired.

**6 Cook & slice the chicken**

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **Mexican spice blend**.
- 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.





Shawarma-Spiced 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

- Halve the **lemon** crosswise; remove the seeds.
- In a bowl, combine the **tahini**, **date syrup**, the **juice of 1 lemon half** (you will have extra), **2 teaspoons of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Roughly chop the **lettuce**.
- Roughly chop the **peppadew peppers**.
- Roughly chop the **pistachios**.
- In a large bowl, combine the **chopped lettuce** and **tahini dressing**.
- Serve the **dressed lettuce** topped with the **roasted fish**, **remaining dressed vegetables**, **chopped peppadew peppers**, **feta** (crumbling before adding), and **chopped pistachios**. Enjoy!

REHEATING INSTRUCTIONS

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

Mexican 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 rice bowls

- Roughly chop the **peanuts**.
- Serve the **sliced chicken** over the **finished rice**. Garnish with the **jalapeño-peach salsa** (including any liquid), **chopped peanuts**, and **cotija**. 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.