

Salmon & Chicken

4 servings of each:

Shawarma-Spiced Salmon

with Roasted Vegetables & Romaine Salad

Mexican Chicken & **Rice Bowls**

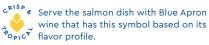
with Jalapeño-Peach Salsa & Cotija

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.



Wine pairings available from blueapron.com/wine





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



Red Onions



Bell Peppers



2 Tbsps Red Wine Vinegar



2 Tbsps Maple Syrup



Weeknight Hero Spice Blend1

Shawarma-Spiced Salmon



Skin-On Salmon Fillets



Romaine Lettuce Hearts



Pickled Peppadew





3 oz Feta Cheese



1/4 cup



2 tsps Date Syrup



1/4 CUD Roasted Pistachios

Mexican Chicken & Rice Bowls



Boneless, Skinless Chicken Breasts

2 Tbsps

Grated Cotija

Cheese



Brown Rice



Jalapeño Pepper





1/2 CUD



3 Tbsps



1 Tbsp Mexican Spice Blend³



Crushed Red Pepper Flakes



1 Tbsp Shawarma Spice Blend²

- 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





PersonalPoints' range per serving



MEXICAN CHICKEN & RICE BOWLS









Now your Points value is personalized to YOU! Scan the barcodes to see yours!

To learn more about the (NEW!) WW PersonalPointsTM 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.

• Transfer the onion wedges,

- Line two sheet pans with foil.
- 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.

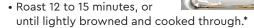


Step 3 continued:

- 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.



• Remove from the oven.

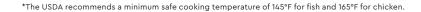
5 Finish the rice

- 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.
 - n. Cook 6 to 7 minutes per side, or
- 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

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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.

