

Blue Apron Add-ons

MENU FOR
July 25–31, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Parmesan Pita Chips

with Creamy Basil Pesto Dip



2-4 SERVINGS | ⌚ 10-20 MIN



2 Pocketless Pitas



1/3 cup Basil Pesto



1/4 cup Grated Parmesan Cheese



1/2 cup Plain Nonfat Greek Yogurt

1 Make the pita chips

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Cut each **pita** into equal-sized wedges. Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Toast in the oven 7 to 9 minutes, or until lightly browned.
- Remove from the oven and evenly top with the **cheese**.

2 Make the dip & serve your dish

- Meanwhile, in a bowl, combine the **yogurt** and **pesto**. Taste, then season with salt and pepper if desired. Drizzle with **olive oil**.
- Serve the **pita chips** with the **dip**. Enjoy!

Charcuterie Board

with Prosciutto, Baguette &
Assorted Cheeses



4-6 SERVINGS | ⌚ 10-15 MIN

-  3 oz Prosciutto
-  1 bunch Thyme
-  1.4 oz Grana Padano Cheese
-  1 tsp Preserved Lemon Purée
-  2 tsps Date Syrup
-  2 Tbsps Roasted Pistachios

-  1 Small Baguette
-  3 oz Feta Cheese
-  2 oz White Cheddar Cheese
-  1 oz Raspberry Jalapeño Spread
-  ¼ cup Roasted Walnuts
-  ¼ tsp Crushed Red Pepper Flakes

1 Toast the baguette

- Remove **all cheeses** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Slice the **baguette** into 8 equal-sized rounds. Transfer to a sheet pan in an even layer. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 4 to 6 minutes, or until lightly browned. Remove from the oven.

2 Prepare the remaining ingredients & serve your dish

- Meanwhile, wash and dry the **thyme**; pick the leaves off the stems.
- Crumble the **feta** into a bowl. Add the **thyme leaves**, **lemon purée**, **2 tablespoons of olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Set aside to marinate, stirring occasionally.

- Thinly slice the **cheddar**.
- Crumble the **Grana Padano** into bite-sized pieces.
- Remove the plastic lining between the slices of **prosciutto**.
- In a bowl, combine the **pistachios** and **walnuts**.
- In a separate bowl, combine the **raspberry spread** and **date syrup**.
- On a serving platter, arrange the **toasted baguette**, **marinated feta**, **sliced cheddar**, **crumbled Grana Padano**, **prosciutto**, **mixed nuts**, and **raspberry-date spread** as desired. Enjoy!

Scan here for more tips and tricks to create delicious charcuterie boards.



Corn & Romaine Salad

with Crispy Onions & Creamy Guacamole Dressing



2-4 SERVINGS | ⌚ 15-20 MIN



1 Romaine Lettuce Heart



1 oz Sliced Pickled Jalapeño Pepper



¾ cup Buttermilk



¾ cup Guacamole



2 ears of Corn



⅓ cup Crispy Onions



¼ cup Grated Parmesan Cheese



1 Tbsp Red Wine Vinegar

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Roughly chop the **lettuce**.
- Remove any husks and the silks from the **corn**; cut the kernels off the cobs.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a large bowl, combine the **guacamole**, **buttermilk**, **vinegar**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.

2 Char the corn

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until charred (be careful, as the corn may pop as it cooks). Turn off the heat.
- Transfer to the bowl of **dressing**.

3 Make the salad & serve your dish

- Add the **chopped lettuce** to the bowl of **dressed corn**; season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **crispy onions** and **cheese**. 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



2 or 4 Steaks

Internal Temperature: 125°F

To cook: In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.* Transfer to a cutting board; let rest at least 5 minutes.



Pork



3 oz or 6 oz
Prosciutto

Internal Temperature: N/A

To cook: Remove the plastic lining between the slices of prosciutto.



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.

Photos depict proteins as cooked.

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

Mediterranean-Style Breakfast

with Cucumber-Tomato Salad & Creamy Tahini



2 SERVINGS

15-25 MIN



2 Pasture-Raised Eggs



1 Persian Cucumber



4 oz Grape Tomatoes



¼ cup Labneh Cheese



1 Tbsp Red Wine Vinegar



2 Pocketless Pitas



1 clove Garlic



1 bunch Parsley



2 Tbsps Tahini



1 Tbsp Za'atar Seasoning¹

1. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano

1 Prepare the ingredients

- If you prefer to use the oven to warm the pitas instead of a microwave, preheat the oven to 450°F.
 - Wash and dry the fresh produce.
 - Halve the **tomatoes**.
 - Halve the **cucumber** lengthwise, then thinly slice crosswise.
 - In a bowl, combine the **halved tomatoes, sliced cucumber, vinegar**, and **up to half the za'atar**. Drizzle with **olive oil** and season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
 - Roughly chop the **parsley** leaves and stems.
 - Quarter the **pitas**.
 - Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
 - In a bowl, combine the **labneh, tahini, 1 teaspoon of water**, and **as much of the garlic paste as you'd like**; season with salt and pepper.
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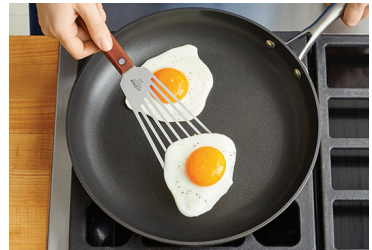
2 Warm the pitas

- If using the microwave, wrap the **quartered pitas** in a damp paper towel. Microwave on high 30 seconds to 1 minute, or until heated through.
 - If using the oven, place the **quartered pitas** on a large piece of foil; tightly wrap to seal. Place directly onto an oven rack and warm 7 to 9 minutes, or until heated through.
 - Transfer to a work surface and carefully unwrap.
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3 Fry the eggs & serve your dish

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- Serve the **fried eggs** with the **warmed pitas, creamy tahini**, and **cucumber-tomato salad**. Garnish with the **chopped parsley** and **as much of the remaining za'atar as you'd like**. Enjoy!



Double Chocolate Pancakes

with Mascarpone & Sour Cherry Sauce



2-4 SERVINGS

⌚ 20-30 MIN



2 Pasture-Raised Eggs



¼ cup Dutch Processed Cocoa Powder¹



1 Tbsp Sugar



¼ cup Cream



2 Tbsps Sour Cherry Spread



1 cup Biscuit Mix



2 oz Semi-Sweet Chocolate Chips



2 Tbsps Mascarpone Cheese



1 oz Salted Butter

1. processed with alkali

1 Mix the batter

- In a large bowl, whisk together the **eggs, cream,** and **$\frac{1}{3}$ cup of water.**
- In a separate bowl, combine the **biscuit mix, a pinch of salt, cocoa powder, sugar,** and **a pinch of salt.**
- Pour the **dry ingredients** into the **wet ingredients** and whisk to combine.



2 Make the pancakes

- In a large pan (nonstick, if you have one), heat **half the butter** on medium until melted.
- Form 4 separate pancakes in the pan, using about **$\frac{1}{4}$ cup of batter** for each. Evenly sprinkle **half the chocolate chips** over the pancakes. Cook 3 to 5 minutes, or until bubbles form.
- Flip and cook 1 to 3 minutes, or until browned and cooked through.
- Transfer to a plate and cover with foil to keep warm.
- Repeat with the **remaining butter, batter, and chocolate chips.**



3 Finish & serve your dish

- Meanwhile, in a bowl, combine the **sour cherry spread** and **1 tablespoon of water.**
- Serve the **pancakes** topped with the **mascarpone** and **sour cherry sauce.** Enjoy!



Nectarine Scones

with Maple Butter



4 SERVINGS

🕒 70-80 MIN: 20 MIN ACTIVE, 55 MIN INACTIVE



1 Nectarine



4 oz Cultured, Salted Butter



1 Tbsp Light Brown Sugar



1 Tbsp Sugar



2 Tbsps Maple Syrup



¼ cup Cream



1 cup All-Purpose Flour



1 tsp Baking Powder

1 Make the dough

- Place **half the butter** in the freezer until hardened. Remove the **remaining butter** from the fridge to soften.
- Wash and dry the **nectarine**, then halve, pit, and small dice.
- In a bowl, whisk together the **granulated sugar, brown sugar, 2 tablespoons of the cream**, and **1 tablespoon of water**.
- In a separate, large bowl, whisk together the **flour, baking powder**, and a **pinch of salt**.
- Working quickly, using the large side of a box grater, grate the **frozen butter** into the bowl of **dry ingredients**. Toss to thoroughly combine.
- Add the **wet ingredients** and **diced nectarine** to the bowl of **dry ingredients**; stir to thoroughly combine (if the dough seems too dry, add 1 tablespoon of water).



2 Form & chill the dough

- Transfer the **dough** to a large piece of plastic wrap. Form into a disk, about 6 inches in diameter.
- Tightly wrap the disk in the plastic wrap and refrigerate until set, about 20 minutes.



3 Bake the scones

- Place an oven rack in the center of the oven, then preheat to 350°F.
- Line a sheet pan with parchment paper.
- Cut the **chilled dough** into 4 equal-sized wedges.
- Transfer to the sheet pan, leaving about 2 inches between each scone. Evenly brush with enough of the **remaining cream** to cover (you may have extra).
- Bake 24 to 28 minutes, or until lightly browned on the bottoms and cooked through.
- Remove from the oven; let stand at least 10 minutes.



4 Make the maple butter & serve your dish

- Meanwhile, in a bowl, combine the **softened butter** and **maple syrup**; using a fork, mash to thoroughly combine. Refrigerate until ready to serve.
- Serve the **baked scones** with the **maple butter** on the side. 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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