

Blue Apron Add-ons

MENU FOR
August 29–September 04, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Prosciutto & Mozzarella Wraps

with Spinach & Spicy Fig Mayo



2 SERVINGS | ⌚ 5-10 MIN



3 oz Prosciutto



2 Flour Tortillas



3 oz Baby Spinach



4 oz Fresh Mozzarella Cheese



1 ½ tps Calabrian Chile Paste



2 Tbsps Mayonnaise



1 Tbsp Fig Spread

1 Prepare the ingredients

- Remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.
- Thinly slice the **cheese**.
- In a bowl, combine the **fig spread**, **mayonnaise**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.
- Wash and dry the **spinach**; place in a separate bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.

2 Assemble the wraps & serve your dish

- Place the **tortillas** on a work surface.
- Evenly divide the **spicy fig mayo** between the tortillas; spread into an even layer.
- Evenly divide the **prosciutto pieces**, **sliced cheese**, and **seasoned spinach** among the center of each tortilla.
- Tuck in the tortilla sides over the filling, then holding the sides tight, roll up into a wrap.
- Halve the **wraps** on an angle, seam side down. Enjoy!

Crispy Garlic Gnocchi

with Spicy Tomato Sauce



2-4 SERVINGS | ⌚ 10-20 MIN



¾ lb Gnocchi



1 clove Garlic



1 bunch Parsley



¼ cup Grated Parmesan Cheese



1 8-oz can Tomato Sauce



1 ½ tps Calabrian Chile Paste



1 Tbsp Italian Seasoning¹

1 Prepare the ingredients

- Wash and dry the **parsley**; roughly chop the leaves and stems.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.

2 Crisp the gnocchi

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **gnocchi** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **Italian seasoning**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the gnocchi are browned and cooked through.
- Transfer to a bowl; stir in **as much of the garlic paste as you'd like** and **all but a pinch of the cheese**. Toss to coat. Taste, then season with salt and pepper if desired.

3 Make the sauce & serve your dish

- To the same pan, add the **tomato sauce** and **as much of the chile paste as you'd like**, depending on how spicy you'd like it to be; season with salt and pepper. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until heated through.
- Serve the **finished gnocchi** with the **sauce** on the side. Garnish the gnocchi with the **chopped parsley**. Garnish the sauce with the **remaining cheese**. Enjoy!

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

Corn & Feta Spinach Salad

with Marinated Onion & Tomatoes



2-4 SERVINGS | ⌚ 15-25 MIN



2 ears of Corn



3 oz Baby Spinach



4 oz Grape Tomatoes



1 Red Onion



1 oz Pickled Peppadew Peppers



1 bunch Mint



1 ½ oz Feta Cheese



1 Tbsp Red Wine Vinegar



2 tsps Date Syrup

1 Marinate the onion & tomatoes

- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Halve the **tomatoes**.
- In a large bowl, combine the **date syrup**, **vinegar**, and **1 tablespoon of olive oil**. Season with salt and pepper. Whisk to combine. Add the **sliced onion** and **halved tomatoes**. Season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Prepare the remaining ingredients

- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Pick the **mint** leaves off the stems.
- Roughly chop the **peppers**.

3 Cook 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 lightly browned (be careful, as the corn may pop). Turn off the heat.

4 Finish & serve your dish

- To the bowl of **marinated onion and tomatoes**, add the **spinach**, **chopped peppers**, **cooked corn**, **half the cheese** (crumbling before adding), and a drizzle of **olive oil**. Season with salt and pepper. Toss to combine.
- Serve the **salad** topped with the **mint leaves** (tearing just before adding) and **remaining cheese** (crumbling before adding). 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.



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.



Poultry



2 or 4 Boneless,
Skinless Chicken
Breasts

Internal Temperature: 165°F

To cook: In a medium or large pan, 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.



Pork



3 or 6 oz Diced
Pancetta

Internal Temperature: N/A

To cook: In a medium pan, heat a drizzle of olive oil on medium-high until hot. Add the pancetta. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through. Transfer to a paper towel-lined plate.

Fried Egg & Spinach Sandwiches

with Pickled Peppers & Crispy Onions



2 SERVINGS

⌚ 15-20 MIN



2 Pasture-Raised Eggs



2 Potato Buns



1 oz Sliced Roasted Red Peppers



3 oz Baby Spinach



1/3 cup Crispy Onions



1/4 cup Grated Romano Cheese



2 Tbsps Mayonnaise



1 Tbsp Hot Sauce



1 Tbsp Everything Bagel Seasoning¹

1. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt

1 Prepare the ingredients

- Wash and dry the **spinach**.
- Roughly chop the **peppers**.
- Halve the **buns**.
- In a bowl, combine the **hot sauce** and **mayonnaise**. Season with salt and pepper.



2 Cook the spinach

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Add the **chopped peppers**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl and cover with foil to keep warm.



3 Toast the buns

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.



4 Fry the eggs & serve your dish

- In the same pan, 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. Evenly top with the **cheese** and **everything bagel seasoning**. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Transfer to a work surface.
- Assemble the sandwiches using the **toasted buns**, **spicy mayo**, **cooked spinach**, **fried eggs**, and **crispy onions**. Enjoy!



Deviled Eggs

with Everything Bagel Seasoning



4 SERVINGS

⌚ 25-35 MIN



4 Pasture-Raised Eggs



1 Tbsp Everything Bagel Seasoning¹



2 Scallions



¼ cup Sour Cream



1 Tbsp Dijon Mustard



2 Tbsps Mayonnaise

1. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt

1 Prepare the scallions

- Fill a small pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Wash, dry, and thinly slice the **scallions**, separating the white bottoms and the hollow green tops.



2 Cook the eggs

- Carefully add the **eggs** to the pot of boiling water and cook 12 to 14 minutes.
- Drain and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs.
- Transfer to a cutting board.



3 Make the filling

- Halve the **cooked eggs** lengthwise. Carefully remove the cooked yolks, keeping the whites intact.
- In a bowl, combine the **cooked egg yolks, sliced white bottoms of the scallions, sour cream, mustard, and mayonnaise**. Season with salt and pepper. Using a fork, mash until thoroughly combined.



4 Make the deviled eggs & serve your dish

- Using a spoon, scoop the **filling** into the hollow center of the egg whites.
- Serve the **deviled eggs** garnished with the **everything bagel seasoning** and **sliced green tops of scallions**. Enjoy!



Mango & Nectarine Shortcakes

with Whipped Cream



4 SERVINGS

🕒 25-35 MIN: 20 MIN ACTIVE, 15 MIN INACTIVE



1 Mango Cheek



2 Nectarines



1 Lime



1 cup Biscuit Mix



¾ cup Sugar



1 Tbsp Light Brown Sugar



¼ cup Sour Cream



1 oz Salted Butter



½ cup Cream

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, pit, and medium dice the **nectarines**.
- Medium dice the **mango**.
- Halve the **lime**; squeeze the juice into a bowl.



2 Bake the shortcakes

- In a large bowl, combine the **biscuit mix**, **sour cream**, **2 tablespoons of the granulated sugar**, and **2 tablespoons of water**. Gently stir until just combined (be careful not to overmix; the dough will be thick and sticky).
- Line a sheet pan with parchment paper. Scoop the **dough** into 4 equal-sized dollops on the parchment, spacing them out evenly. Evenly top each shortcake with **1 teaspoon of the remaining granulated sugar** (you will have extra).
- Bake 10 to 12 minutes, or until the shortcakes are set and cooked through.
- Remove from the oven and let cool 5 minutes.



3 Make the filling

- Meanwhile, in a large pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **diced nectarines**, **brown sugar**, **lime juice**, and **a pinch of salt**. Cook, stirring frequently, 3 to 4 minutes, or until the liquid is slightly thickened and the nectarines are softened.
- Turn off the heat and stir in the **diced mango**.



4 Whip the cream & serve your dish

- Place the **cream** in a medium bowl (or the bowl of stand mixer). 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.
- Halve each **cooled shortcake** horizontally (the shortcakes may crumble slightly).
- Transfer the bottom halves to a serving dish; evenly top with the **cooked filling** and **whipped cream**. Complete the shortcakes with the top halves. Enjoy!





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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.
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082922, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12