

# **Blue Apron** Add-ons

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MENU FOR  
August 08–14, 2022

COOK ALONG WITH 

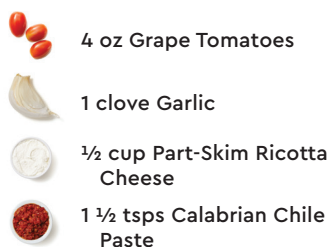
*"Alexa, find Blue Apron recipes."*

# Spicy Ricotta Crostini

with Zucchini & Tomatoes



2-4 SERVINGS | ⌚ 15-25 MIN



## 1 Prepare the ingredients

- Preheat the oven to 450°F. Wash and dry the fresh produce.
- Halve the **baguettes** lengthwise. Cut each half into 4 equal-sized pieces.
- Medium dice the **zucchini**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **tomatoes**; place in a large bowl. Add the **garlic paste** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- In a separate bowl, combine the **ricotta**, a drizzle of **olive oil**, 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.

## 2 Toast the baguettes

- Transfer the **baguette pieces** to a sheet pan, cut sides up. Drizzle with **olive oil** and season with salt and pepper.

- Toast in the oven 6 to 8 minutes, or until lightly browned.
- Transfer to a work surface.

## 3 Finish & serve your dish

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the **capers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Transfer to the bowl of **prepared tomatoes**. Stir to combine. Taste, then season with salt and pepper if desired.
- Evenly top the **toasted baguettes** with the **spicy ricotta** and **finished vegetables**.
- Serve the **crostini** garnished with the **parmesan**. Enjoy!

# Prosciutto Focaccia Sandwiches

with Mozzarella & Pesto Mayo



8 SERVINGS | ⌚ 15-25 MIN



3 oz Prosciutto



2 oz Sliced Roasted Red Peppers



1/3 cup Basil Pesto



1 piece Focaccia Bread



1/2 lb Fresh Mozzarella Cheese



2 Tbsps Mayonnaise

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Halve the **bread** horizontally.
- Thinly slice the **cheese**.
- In a bowl, combine the **pesto** and **mayonnaise**.

## 2 Toast the bread

- Place the **halved bread** on a sheet pan, cut side up.
- Evenly top one half with the **pesto mayo** and **sliced cheese**. Drizzle the other half with **olive oil** and season with salt and pepper.
- Toast in the oven 7 to 9 minutes, or until the bread is lightly browned and the cheese is melted.
- Transfer to a cutting board.

## 3 Finish & serve your dish

- Meanwhile, remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.
- Roughly chop the **peppers**.
- Assemble the sandwiches using the **toasted bread**, **chopped peppers**, and **prosciutto pieces**. Cut into 8 equal-sized sandwiches. Enjoy!

# Cucumber & Tomato Salad

with Olives & Creamy Feta Dressing



2-4 SERVINGS | ⌚ 15-20 MIN



1 Romaine Lettuce Heart



4 oz Grape Tomatoes



1 oz Sliced Roasted Red Peppers



½ cup Plain Nonfat Greek Yogurt



1 oz Pitted Niçoise Olives



2 Persian Cucumbers



1 clove Garlic



1 ½ oz Feta Cheese



2 Tbsps Red Wine Vinegar



1 tsp Whole Dried Oregano

## 1 Marinate the vegetables

- Wash and dry the fresh produce.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Halve the **tomatoes**.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a large bowl, combine the **sliced cucumbers, halved tomatoes, half the vinegar**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper; stir to coat. Set aside to marinate, stirring occasionally, at least 5 minutes.

## 2 Prepare the remaining ingredients

- In a separate bowl, combine the **yogurt, oregano, cheese** (crumbling before adding), **remaining vinegar**, a drizzle of **olive oil**, and **2 tablespoons of water**. Season with salt and pepper; stir to combine.
- Roughly chop the **lettuce**.
- Roughly chop the **olives** and **peppers**.

## 3 Make the salad & serve your dish

- To the bowl of **marinated vegetables**, add the **chopped lettuce**, a drizzle of **olive oil**, and enough of the **dressing** to coat (you may have extra). Season with salt and pepper; toss to combine.
- Serve the **salad** garnished with the **chopped olives and peppers**. 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



10 or 20 oz Ground Beef

**Internal Temperature:** 160°F

**To cook:** Place the beef, salt, and pepper in a bowl. Gently mix to combine. Form the mixture into two or four ½-inch-thick patties. In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the patties. Cook 4 to 5 minutes per side (flipping carefully, as the oil may splatter), or until browned and cooked through.



## Poultry



10 or 20 oz Chicken Breast Strips

**Internal Temperature:** N/A

**To cook:** In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned chicken. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and cooked through.



## Seafood



10 or 20 oz Tail-On Shrimp<sup>1</sup>

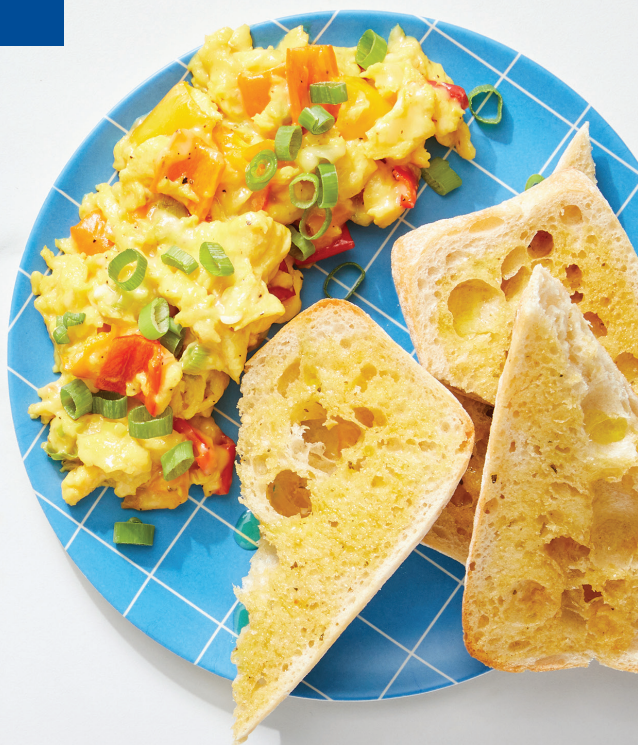
**Internal Temperature:** N/A

**To cook:** In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.

1. peeled & deveined  
Photos depict proteins as cooked.

# Scrambled Eggs & Smoked Gouda

with Bell Pepper & Garlic-Herb Bread



2 SERVINGS

🕒 10-20 MIN



4 Pasture-Raised Eggs



1 Bell Pepper



2 oz Smoked Gouda  
Cheese



2 Small Baguettes



2 Scallions



1 oz Garlic & Herb  
Spreadable Butter

## 1 Prepare the ingredients

- Remove the **spreadable butter** from the refrigerator to soften. Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce.
- Halve the **baguettes**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- Grate the **cheese** on the large side of a box grater.



## 2 Toast the baguettes

- Line a sheet pan with foil.
- Place the **halved baguettes** on the foil, cut side up. Evenly spread the **softened butter** onto the cut sides.
- Toast in the oven 4 to 6 minutes, or until lightly browned and the butter is melted.
- Transfer to a cutting board. Carefully halve each piece on an angle.



## 3 Scramble the eggs & serve your dish

- Meanwhile, in a medium nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced pepper** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **beaten eggs**. Cook, stirring constantly, 1 to 2 minutes, or until cooked through.
- Turn off the heat; stir in the **grated cheese** until melted and combined.
- Serve the **scrambled eggs** with the **toasted baguettes**. Garnish the eggs with the **sliced green tops of the scallions**. Enjoy!





# Chocolate Quesadillas

with Cinnamon Sugar & Cannoli Cream



2-4 SERVINGS

15-20 MIN



4 Flour Tortillas



1 Tbsp Sugar



½ cup Part-Skim Ricotta Cheese



2 Tbsps Orange Marmalade



1 tsp Warming Spices<sup>1</sup>



4 oz Semi-Sweet Chocolate Chips



2 Tbsps Mascarpone Cheese



1 oz Salted Butter



2 Tbsps Maple Syrup

1. Cinnamon, Ginger, Cardamom & Allspice



### ① Make the cannoli cream & spiced sugar

- In a bowl, combine the **ricotta**, **mascarpone**, **orange marmalade**, and **maple syrup**. Whisk to thoroughly combine.
- In a separate bowl, combine the **sugar** and **warming spices**.



### ② Assemble the quesadillas

- Place the **tortillas** on a work surface.
- Top one half of each tortilla with the **chocolate chips**; fold the tortillas in half over the filling.



### ③ Cook the quesadillas & serve your dish

- In a large pan (nonstick, if you have one), heat the **butter** on **medium** until melted.
- Add the **quesadillas**. Cook 3 to 5 minutes on the first side, or until lightly browned.
- Flip the quesadillas and carefully top with **half the spiced sugar**. Continue to cook 3 to 5 minutes, or until lightly browned and the chocolate is melted.
- Carefully transfer to a cutting board, plain side up, and top with the **remaining spiced sugar**. Cut into equal-sized wedges.
- Serve the **finished quesadillas** with the **cannoli cream**. Enjoy!



# Chocolate Sandwich Cookies

with Caramel Sauce



10 SERVINGS | ⌚ 90-100 MIN: 35 MIN ACTIVE, 60 MIN INACTIVE



1 Pasture-Raised Egg



¼ cup Cream



½ cup Sugar



¼ cup Dutch Processed Cocoa Powder<sup>1</sup>



4 oz Cultured, Salted Butter



1 cup All-Purpose Flour



¼ cup Caramel Shards

1. processed with alkali

## 1 Make the dough

- Melt **half the butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl).
- Add the **sugar**; whisk to combine.
- Add the **egg**; whisk to combine.
- Add the **flour** and **cocoa powder**. Stir to thoroughly combine (the dough will be thick).



## 2 Form & chill the dough

- Transfer the **dough** to a large piece of plastic wrap and arrange in a log shape.
- Lightly roll the plastic over the dough, then roll the dough into an 8-inch log.
- Seal the plastic and refrigerate about 1 hour, or until slightly firm.



## 3 Slice & bake the cookies

- Place an oven rack in the center of the oven; preheat to 375°F. Line a sheet pan with parchment paper.
- Transfer the **chilled dough** to a cutting board and carefully unwrap. Evenly slice the dough into twenty rounds, about 1/2-inch-thick each.
- Transfer to the sheet pan, spacing them out evenly.
- Bake 9 to 11 minutes, or until the cookies are set and cooked through.
- Remove from the oven and let cool completely.



## 4 Make the caramel sauce & finish the cookies

- Once the cookies are cool, in a small pot (or the pot used to melt the butter), combine the **cream** and **caramel shards**. Cook on medium, stirring constantly, 4 to 6 minutes, or until the caramel has dissolved and the mixture is thickened. Turn off the heat.
- Stir in **half the remaining butter** (you will have extra) until melted and combined.
- Transfer to a bowl and let cool slightly.
- While the caramel cools, match pairs of similarly sized cookies by stacking them back to back.
- Once cool but still pliable, divide the **caramel sauce** among the flat sides of **half the cooled cookies**; spread into an even layer. Top with the **remaining cooled cookies**, flat side down. Enjoy!





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Food safety handling information: [blog.blueapron.com/foodsafety](https://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).

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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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