

Blue Apron **Add-ons**

MENU FOR
August 15–21, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Cheddar Garlic Bread

with Parsley



2-4 SERVINGS | ⌚ 10-20 MIN



2 Sandwich Rolls



2 oz Garlic & Herb
Spreadable Butter



4 oz White Cheddar
Cheese



1 bunch Parsley

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.
- Grate the **cheese** on the large side of a box grater.
- Halve the **rolls** horizontally.
- Wash and dry the **parsley**; roughly chop the leaves and stems.

2 Make the garlic bread & serve your dish

- Line a sheet pan with foil.
- Place the **halved rolls** on the foil, cut side up. Evenly top with the **softened butter** and **grated cheese**.
- Toast in the oven 6 to 8 minutes, or until lightly browned and the edges are crispy.
- Carefully transfer to a cutting board. Cut each half into 4 equal-sized pieces.
- Serve the **garlic bread** garnished with the **chopped parsley**. Enjoy!

Tomato & Mozzarella Pasta Salad

with Walnuts & Dijon Vinaigrette



2-4 SERVINGS | ⌚ 25-35 MIN



6 oz Ditali Pasta



1 oz Castelvetrano Olives



1 bunch Mint



2 tsps Date Syrup



1 Tbsp Dijon Mustard



4 oz Grape Tomatoes



1 bunch Parsley



4 oz Fresh Mozzarella Cheese



1 Tbsp Red Wine Vinegar



¼ cup Roasted Walnuts

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **tomatoes**.
- Small dice the **cheese**.
- Roughly chop the **walnuts**.
- Pit and roughly chop the **olives**.
- Roughly chop the **parsley** leaves and stems.
- Pick the **mint** leaves off the stems.
- In a large bowl, combine the **mustard**, **date syrup**, and **vinegar**. Whisk in **2 tablespoons of olive oil**; season with salt and pepper.

2 Cook & cool the pasta

- Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 9 to 11 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under cold water to cool.

3 Finish & serve your dish

- To the bowl of **dijon vinaigrette**, add the **cooled pasta**, **halved tomatoes**, **diced cheese**, **chopped walnuts**, **chopped olives**, **chopped parsley**, and **mint leaves** (tearing just before adding). Season with salt and pepper; toss to combine.
- Taste, then season with salt and pepper if desired. Enjoy!

Butter Lettuce Salad

with Balsamic Onions, Pistachios & Grana Padano



2-4 SERVINGS | ⌚ 15-25 MIN



1 head Butter Lettuce



1 Persian Cucumber



½ oz Pickled Peppadew Peppers



2 tsps Date Syrup



2 Tbsps Roasted Pistachios



4 oz Grape Tomatoes



1 oz Balsamic-Marinated Cipolline Onions



0.7 oz Grana Padano Cheese



1 Tbsp Red Wine Vinegar

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Halve the **cucumber** lengthwise, then thinly slice crosswise.
- Halve the **tomatoes**.
- Roughly chop the **onions**.
- In a large bowl, combine the **sliced cucumbers, halved tomatoes, chopped onions**, and a drizzle of **olive oil**. Season with salt and pepper.
- In a separate bowl, combine the **date syrup, vinegar**, and a drizzle of **olive oil**.
- Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- Roughly chop the **peppers**.
- Roughly chop the **pistachios**.

2 Make the salad & serve your dish

- To the bowl of **prepared vegetables**, add the **chopped lettuce, chopped peppers**, and **vinaigrette**. Season with salt and pepper. Gently toss to combine.
- Serve the **salad** topped with the **chopped pistachios** and **Grana Padano** (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.



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.



Plant-Based



2 or 4 Beyond
Burger® Plant-Based
Patties

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 patties. Cook 3 to 5 minutes per side (flipping carefully, as the oil may splatter), or until browned and cooked through (the center will still be red or pink).



Pork



2 or 4 Boneless,
Center-Cut Pork
Chops

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 pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness. Transfer to a cutting board and let rest at least 5 minutes.

Pancetta & Scrambled Egg Sandwich

with Cheddar Cheese & Jalapeño Mayo



2 SERVINGS

🕒 15-25 MIN



3 oz Diced Pancetta



2 Potato Buns



2 oz White Cheddar Cheese



2 Pasture-Raised Eggs



1 oz Sliced Pickled Jalapeño Pepper



2 Tbsps Mayonnaise

1 Prepare the ingredients

- Halve the **buns**.
- 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.
- Finely chop the **pepper**. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, combine the **mayonnaise** 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 Toast the buns

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



3 Cook the pancetta & eggs

- In the same 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.
- Add the **beaten eggs**. Cook, stirring frequently, 30 seconds to 1 minute, or until cooked through.
- Turn off the heat; stir in the **grated cheese** until melted and combined.



4 Finish & serve your dish

- Assemble the sandwiches using the **toasted buns**, **jalapeño mayo**, and **cooked pancetta and eggs**. Enjoy!



Zucchini Fritters

with Feta Cheese & Tzatziki



2-4 SERVINGS

⌚ 25-35 MIN



2 Pasture-Raised Eggs



2 Scallions



3 oz Feta Cheese



1 tsp Baking Powder



1 Zucchini



½ cup Tzatziki¹



⅔ cup All-Purpose Flour



1 Tbsp Za'atar Seasoning²

1. cucumber-yogurt sauce

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

1 Grate & strain the zucchini

- Wash and dry the fresh produce.
- Grate the **zucchini** on the large side of a box grater.
- Transfer to a strainer; add a **big pinch of salt**. Hold or rest the strainer over a bowl. Set aside to release the excess liquid, at least 10 minutes.
- Using a spoon, press down on the grated zucchini to release as much liquid as possible. Discard the liquid.



2 Make the batter

- Meanwhile, thinly slice the **scallions**.
- Crack the **eggs** into a large bowl; add **2 teaspoons of water**. Whisk to combine.
- Add the **flour** and **baking powder**. Gently stir until just combined.
- Add the **grated zucchini**, **half the za'atar**, **sliced scallions**, and **cheese** (crumbling before adding). Season with salt and pepper.
- Refrigerate 5 minutes to let the flour hydrate.



3 Make the fritters & serve your dish

- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of batter sizzles immediately when added, working in batches, scoop the **batter** into the pan to form 6 equal-sized patties (using about 2 heaping tablespoons of batter per patty). Cook 2 to 3 minutes per side (if the pan seems dry after flipping, add a drizzle of olive oil), or until the patties are golden brown and cooked through.
- Transfer to a paper towel-lined plate.
- Serve the **fritters** with the **tzatziki**. Top the tzatziki with a drizzle of **olive oil** and a **pinch of the remaining za'atar** (you will have extra). Enjoy!



Peach Pie

with Almond Crumb Topping



6-8 SERVINGS

⌚ 50-60 MIN: 18 MIN ACTIVE, 36 MIN INACTIVE



2 Pie Crusts



4 oz Cultured, Salted
Butter



½ cup Rolled Oats



¾ cup Sugar



¾ cup Sliced Roasted
Almonds



4 Peaches



⅔ cup All-Purpose Flour



5 Tbsps Light Brown
Sugar



2 tsps Vanilla Powder



1 Tbsp Apple Cider
Vinegar

1 Prepare the peaches

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Wash and dry the **peaches**, then halve, pit, and medium dice.



2 Make the filling

- In a medium pan (nonstick, if you have one), heat $\frac{1}{4}$ of the **butter** on medium-high until melted.
- Add the **diced peaches** and **vinegar**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **vanilla powder**, **2 tablespoons of the flour**, and **2 tablespoons of the granulated sugar**. Cook, stirring frequently, 3 to 4 minutes, or until the peaches are coated and tender when pierced with a fork.
- Turn off the heat and let cool slightly.



3 Make the crumb topping

- Small dice the **remaining butter**.
- In a bowl, combine the **diced butter**, **oats**, **brown sugar**, **remaining granulated sugar**, **remaining flour**, and **1 tablespoon of water**. Using your fingers, gently work the diced butter into the dry ingredients until large crumbs are formed.
- Add the **sliced almonds** and toss to combine.



4 Bake the pies & serve your dish

- Place the **pie crusts** on a sheet pan, leaving them in their tins. Divide the **cooled filling** between the crusts, then evenly top with the **crumb topping**.
- Bake 22 to 26 minutes, or until the topping is golden brown and the filling is bubbly.
- Remove from the oven and let stand at least 10 minutes before serving. 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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