

Blue Apron Add-ons

MENU FOR
August 22–28, 2022

COOK ALONG WITH 

“Alexa, find Blue Apron recipes.”

Blueberry Overnight Oats

with Peanut Butter



2 SERVINGS | ⌚ 5-10 MIN ACTIVE



3 oz Blueberries



1 cup Rolled Oats



1 Tbsp Light Brown Sugar



2 Tbsps Smooth Peanut Butter Spread



1 oz Blueberry Bourbon Spread



½ cup Plain Nonfat Greek Yogurt



¼ cup Cream



3 Tbsps Roasted Peanuts

1 Make the overnight oats

- Wash and dry the **blueberries**.
- In a large bowl, whisk together the **yogurt, cream, peanut butter spread, sugar, a pinch of salt, and ¾ cup of water**.
- Add the **oats** and **blueberries**; gently stir until just combined.
- Divide the **prepared oats** between two containers, leaving room for the oats to expand.
- Cover and refrigerate overnight until the oats are soft and fully hydrated.

2 Serve your dish

- Serve the **finished oats** topped with the **blueberry spread** and **peanuts**. Enjoy!

Pimento Cheese Spread

with Sourdough Toasts



2-4 SERVINGS

🕒 10-20 MIN



4 slices Sourdough Pullman Bread



½ oz Pickled Peppadew Peppers



2 oz White Cheddar Cheese



2 oz Monterey Jack Cheese



¼ cup Mayonnaise



1 Tbsp Weeknight Hero Spice Blend¹

1 Make the toasts

- Place an oven rack in the center of the oven; preheat to 450°F.
- Using a serrated knife, cut off and discard the crusts of the **bread**; cut diagonally into 4 equal-sized triangles.
- Place on a sheet pan; drizzle with **olive oil** and turn to coat.
- Toast in the oven 8 to 10 minutes, or until lightly browned.
- Remove from the oven.

2 Make the pimento cheese & serve your dish

- Meanwhile, grate the **cheddar** and **monterey jack** on the large side of a box grater.
- Roughly chop the **peppers**.
- In a bowl, combine the **grated cheeses**, **mayonnaise**, **half the spice blend** (you will have extra), and **chopped peppers**. Season with salt and pepper.
- Serve the **toasts** with the **pimento cheese** on the side. Top the toasts with the cheese as desired. Enjoy!

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

Romaine Salad

with Mozzarella, Tomatoes & Fig Vinaigrette



2-3 SERVINGS | ⌚ 10-15 MIN



1 Romaine Lettuce Heart



3 oz Radishes



½ oz Pickled Peppadew Peppers



½ lb Grape Tomatoes



4 oz Fresh Mozzarella Cheese



1 Tbsp Fig Spread



1 Tbsp Apple Cider Vinegar



2 Tbsps Sliced Roasted Almonds

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- Halve the **tomatoes**.
- Roughly chop the **lettuce**.
- Roughly chop the **peppers**.
- In a large bowl, combine the **vinegar, fig spread**, and **1 tablespoon of olive oil**. Season with salt and pepper; whisk to combine.

2 Make the salad & serve your dish

- To the bowl of **vinaigrette**, add the **sliced radishes, halved tomatoes, chopped lettuce**, and **cheese** (tearing into small pieces before adding); season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **chopped peppers** and **almonds**. 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 oz 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.



Pork



10 oz or 20 oz Hot
Italian Pork Sausage

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 sausage. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.



Seafood



10 oz or 20 oz
Tail-On Shrimp¹

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.

Egg-in-a-hole

with Prosciutto & Parmesan



2-4 SERVINGS

⌚ 15-20 MIN



3 oz Prosciutto



4 Pasture-Raised Eggs



4 slices Sourdough
Pullman Bread



1 bunch Chives



¼ cup Grated Parmesan Cheese



1 oz Garlic & Herb
Spreadable Butter

1 Prepare the ingredients

- Remove the **spreadable butter** from the refrigerator to soften.
- Wash and dry the **chives**; thinly slice.
- Remove the plastic lining between the slices of **prosciutto**.



2 Prepare the bread

- Working one piece at a time, using the rim of a 2-inch-wide drinking glass or cookie cutter, cut out the center of the **bread**, leaving an empty hole. (If desired, discard the centers, or serve them on the side.)



3 Finish & serve your dish

- In a large pan (nonstick, if you have one), heat the **softened butter** on medium-high until melted.
- Add **prepared bread** in an even layer. Cook 4 to 5 minutes, or until lightly browned.
- Reduce the heat to **medium**.
- Flip the bread, then crack an **egg** into each bread hole. Season with salt and pepper. Top with the **cheese**. Cook 4 to 5 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve each **egg-in-a-hole** topped with the **prosciutto** (tearing into bite-sized pieces before adding). Garnish with the **sliced chives**. Enjoy!



Crudités Platter

with Pita & Creamy Feta Dip



4-6 SERVINGS | 10-20 MIN

 2 Pocketless Pitas

 1 Persian Cucumber

 3 oz Radishes

 2 Bell Peppers

 1 oz Sliced Roasted Red Peppers

 1 bunch Chives

 3 oz Feta Cheese

 ¼ cup Labneh Cheese

 ½ cup Sour Cream

 1 Tbsp Everything Bagel Seasoning¹

 1 tsp Whole Dried Oregano

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

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce.
- Cut the **pitas** into equal sized wedges.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Thinly slice the **cucumber** on an angle.
- Quarter the **radishes**.
- Roughly chop the **roasted peppers**.
- Thinly slice the **chives**.



2 Toast the pitas

- Line a sheet pan with foil.
- Transfer the **pita wedges** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **oregano**.
- Toast in the oven 3 to 5 minutes, or until lightly browned and slightly crispy.
- Remove from the oven.



3 Make the dip & serve your dish

- Meanwhile, in a bowl, combine the **sour cream**, **labneh**, **chopped roasted peppers**, **feta** (crumbling before adding), **half the sliced chives**, and **half the everything bagel seasoning**. Season with salt and pepper.
- Serve the **prepared vegetables** and **toasted pita wedges** with the **dip**. Garnish the dip with the **remaining sliced chives**, **remaining everything bagel seasoning**, and a drizzle of **olive oil**. Enjoy!



Brown Butter Oatmeal Cookies

with Chocolate Chips & Cinnamon



8-10 SERVINGS

🕒 25-35 MIN: 14 MIN ACTIVE, 17 MIN INACTIVE



1 Pasture-Raised Egg



2 oz Salted Butter



½ cup Rolled Oats



2 oz Semi-Sweet
Chocolate Chips



2 tps Vanilla Powder



¼ cup Sugar



5 Tbsps Light Brown
Sugar



1 cup All-Purpose Flour



1 tsp Baking Powder



1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Brown the butter

- Place an oven rack in the center of the oven, then preheat to 375°F.
- In a small pot, heat the **butter** on medium-high until melted. Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Transfer to a large bowl and let cool slightly.



2 Make the dough

- In a separate bowl, whisk together the **flour, vanilla powder, warming spices, baking powder, and a pinch of salt**.
- To the bowl of **browned butter**, add the **brown sugar, granulated sugar, and egg**; whisk to thoroughly combine.
- Add the **dry ingredients** to the **wet ingredients**. Using a spatula, gently mix just until incorporated (be careful not to overmix).
- Add the **oats** and **chocolate chips**; stir to incorporate.



3 Form the cookies

- Line a sheet pan with parchment paper.
- Scoop about **2 tablespoons of the dough** onto the parchment paper. Repeat with the remaining dough, evenly spacing out the cookies on the sheet pan.



4 Bake the cookies & serve your dish

- Bake the **cookies** 10 to 15 minutes, or until the dough is set and cooked through.
- Remove from the oven (immediately top with flaky sea salt, if desired).
- Let stand 2 minutes before serving. Enjoy!





To view full nutrition information for these recipes, 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. If you purchased these recipes outside of blueapron.com, nutrition information can be found on the retailer's product page. 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



082222, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12