



# Blue Apron Add-ons

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MENU FOR  
September 05–11, 2022

COOK ALONG WITH 

*"Alexa, find Blue Apron recipes."*

# Rosemary Nut Mix

with Brown Sugar & Crushed Red Pepper



4-6 SERVINGS | ⌚ 20-30 MIN



¼ cup Roasted Cashews



¼ cup Roasted Peanuts



¼ cup Roasted Pistachios



1 bunch Rosemary



1 Tbsp Light Brown Sugar



⅓ cup Crispy Onions



1 oz Salted Butter



¼ tsp Crushed Red Pepper Flakes

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 325°F.
- Wash and dry the **rosemary**; pick the leaves off the stems, then roughly chop the leaves.
- Melt 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** to the bowl and stir until combined and the sugar has dissolved.

## 2 Season the nuts

- To the bowl of **melted butter and sugar**, add the **cashews, pistachios, peanuts, chopped rosemary leaves**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Season with salt and pepper; stir to combine.

## 3 Toast the nuts & serve your dish

- Line a sheet pan with parchment paper (or foil).
- Transfer the **seasoned nuts** to the sheet pan and arrange in an even layer.
- Toast in the oven 9 to 11 minutes, or until lightly browned.
- Remove from the oven and let cool at least 5 minutes.
- Transfer to a serving bowl; add the **crispy onions** and toss to combine. Enjoy!

# Loaded Baked Potato Wedges

with Pancetta & Chipotle Mayo



2-4 SERVINGS | ⌚ 35-45 MIN



3 oz Diced Pancetta



1 ¾ lbs Potatoes



2 Scallions



1 Lime



2 oz Monterey Jack Cheese



2 tps Chipotle Chile Paste



¼ cup Mayonnaise



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

## 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 **potatoes** into 1-inch-wide wedges.
- Grate the **cheese** on the large side of a box grater.
- In a bowl, combine the **mayonnaise**, **1 tablespoon of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- Thinly slice the **scallions**.
- Quarter the **lime**.

## 2 Bake the potatoes

- Line a sheet pan with foil.
- Transfer the **potato wedges** to the foil. Drizzle with **olive oil** and season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Arrange in an even layer.
- Bake 14 minutes. Leaving the oven on, remove from the oven.

## 3 Finish & serve your dish

- Carefully add the **pancetta** in an even layer.
- Return to the oven and bake 10 to 12 minutes, until the pancetta is cooked through and the potatoes are tender when pierced with a fork.
- Remove from the oven and immediately top with **grated cheese**; cover with foil and let stand 2 to 3 minutes, or until the cheese is melted.
- Serve the **finished potatoes** drizzled with the **chipotle mayo** and the **juice of 2 lime wedges** (you will have extra). Garnish with the **sliced scallions**. Enjoy!

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

# Mozzarella, Tomato & Peach Salad

with Preserved Lemon Dressing



2-4 SERVINGS | ⌚ 15-20 MIN



2 oz Arugula



3 oz Baby Spinach



2 Persian Cucumbers



4 oz Grape Tomatoes



1 Peach



½ oz Sweety Drop Peppers



4 oz Fresh Mozzarella Cheese



1 tsp Preserved Lemon Purée



2 Tbsps Sliced Roasted Almonds

## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Halve, pit, and thinly slice the **peach**.
- Halve the **tomatoes**.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Medium dice the **cheese**.
- In a large bowl, combine the **sliced peach, halved tomatoes, sliced cucumbers, diced cheese, lemon purée, peppers**, and a drizzle of **olive oil**. Season with salt and pepper; toss to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.

## 2 Finish & serve your dish

- To the bowl, add the **arugula, spinach**, and a drizzle of **olive oil**. Season with salt and pepper; toss to combine.
- Serve the **salad** garnished with the **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



2 or 4 Flank 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 2 to 4 minutes per side 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.



## Seafood



10 oz 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.



## 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).

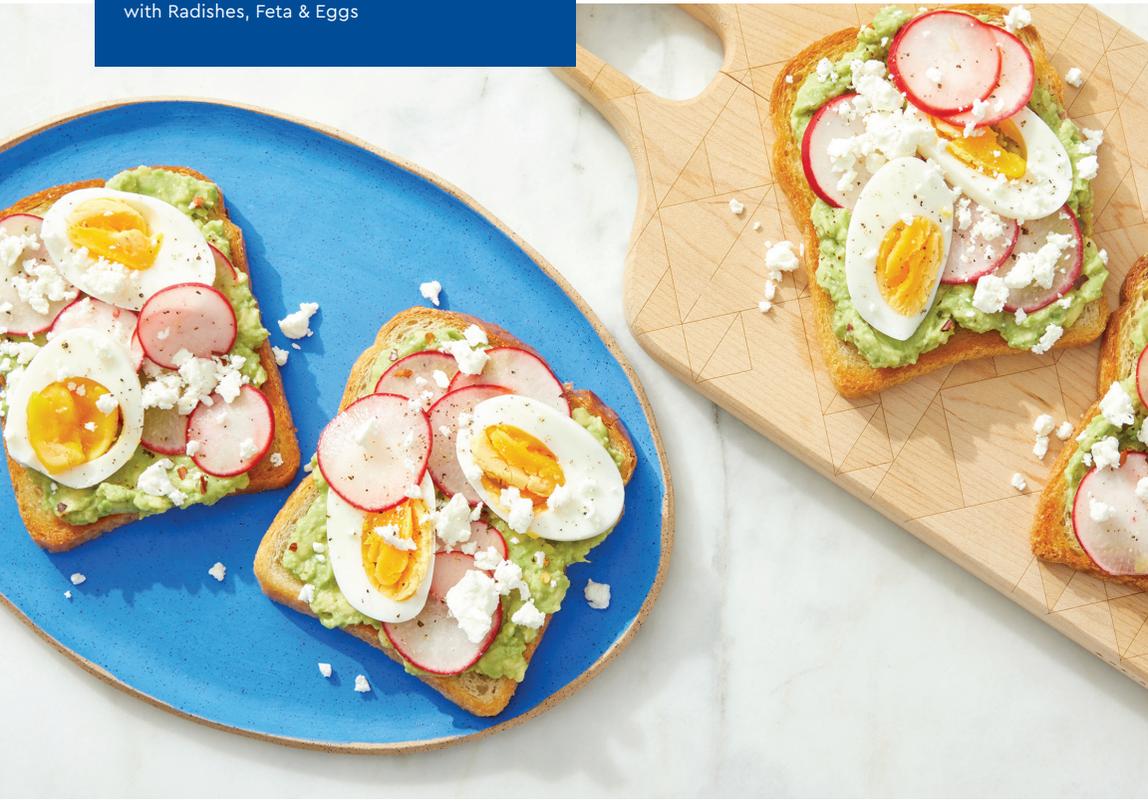
1. peeled & deveined

\*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.

Photos depict proteins as cooked.

# Avocado Toasts

with Radishes, Feta & Eggs



2-4 SERVINGS

⌚ 15-25 MIN



2 Pasture-Raised Eggs



4 slices Sourdough  
Pullman Bread



1 Avocado



3 oz Radishes



1 Lemon



1 ½ oz Feta Cheese



¼ tsp Crushed Red  
Pepper Flakes

## 1 Prepare the ingredients

- If you prefer to use the oven to toast your bread, place an oven rack in the center of the oven; preheat to 375°F.
- Fill a small pot  $\frac{3}{4}$  of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then small dice; place in a bowl.
- Quarter and deseed the **lemon**.
- To the bowl of **diced avocado**, add **the juice of 2 lemon wedges** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Using a fork, mash until thoroughly combined.
- Thinly slice the **radishes** into rounds. Place in a bowl; add **the juice of the remaining lemon wedges** and season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.



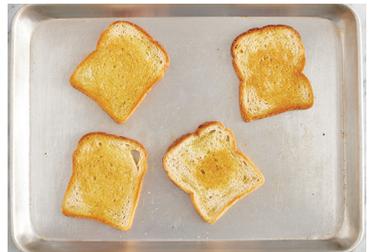
## 2 Cook the eggs

- Carefully add the **eggs** to the pot of boiling water and cook 8 minutes for medium-boiled, or until your desired degree of doneness.
- Drain thoroughly 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 and thinly slice, then season with salt and pepper.



## 3 Toast the bread & serve your dish

- Meanwhile, place the **bread** on a sheet pan; drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 6 to 8 minutes, or until lightly browned (or toast the bread in a toaster until lightly browned).
- Remove from the oven.
- Assemble the toasts using the **toasted bread, mashed avocado, sliced eggs, marinated radishes, and cheese** (crumbling before adding). Season with salt and pepper. Enjoy!



# Parmesan Knots

with Parsley & Tomato Sauce



2-4 SERVINGS

⌚ 15-25 MIN



16 oz Pizza Dough



1 14.5-oz can Crushed Tomatoes



2 cloves Garlic



1 bunch Parsley



¼ cup Grated Parmesan Cheese



1 oz Salted Butter



1 tsp Whole Dried Oregano

## 1 Prepare the knots

- Remove the **dough** from the refrigerator to bring to room temperature.
- Remove the **butter** from the refrigerator to soften.
- Preheat the oven to 450°F. Line a sheet pan with foil, then lightly oil the foil.
- Cut the **dough** into 8 equal-sized pieces. On a work surface, using your hands, gently roll each piece into a 6-inch log (if the dough is resistant, let rest 5 minutes).
- Transfer to the oiled sheet pan; arrange in an even layer.
- Carefully tie each log into a large knot.



## 2 Bake the knots

- Evenly top the **knots** with **half the cheese**.
- Bake 13 to 15 minutes, or until lightly browned and cooked through.
- Transfer to a large bowl; add the **softened butter** and **remaining cheese**. Season with salt and pepper; toss to coat.



## 3 Make the sauce & serve your dish

- Meanwhile, wash and dry the **parsley**; roughly chop the leaves and stems.
- Peel and roughly chop **2 cloves of garlic**.
- In a small pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **oregano** and **tomatoes** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is heated through. Turn off the heat.
- Serve the **baked knots** garnished with the **chopped parsley**. Serve the **sauce** on the side. Enjoy!



# 10<sup>th</sup> Anniversary Blueberry Cake

with Lime Glaze



8 SERVINGS | ⌚ 90-100 MIN: 10 MIN ACTIVE, 85 MIN INACTIVE

 2 Pasture-Raised Eggs

 6 oz Blueberries

 1 Lime

  $\frac{2}{3}$  cup All-Purpose Flour

 1 cup Biscuit Mix

  $\frac{1}{4}$  cup Sour Cream

 2 oz Salted Butter

 1 cup Powdered Sugar

  $\frac{1}{4}$  cup Sugar

 4 tps Honey

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 350°F.
- Wash and dry the fresh produce.
- Line a 9-inch cake pan with parchment paper (or lightly grease).
- Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons.
- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl). Let cool slightly.



## 2 Make the batter & bake the cake

- In a medium bowl, combine the **biscuit mix**, **flour**, and a **pinch of salt**. Whisk to thoroughly combine.
- To the bowl of **melted butter**, add the **granulated sugar**, **sour cream**, **eggs**, **lime zest**, **honey** (kneading the packet before opening), and **3 tablespoons of water**. Whisk until smooth.
- Add the **dry ingredients** to the **wet ingredients**. Stir until just combined (be careful not to overmix).
- Gently fold in the **blueberries**.
- Transfer to the prepared pan; spread into an even layer.
- Bake 22 to 26 minutes, or until the cake is set and cooked through. Remove from the oven and let cool about 1 hour, or until room temperature (for quicker cooling, place in the refrigerator).



## 3 Make the glaze & serve your dish

- Meanwhile, halve the **lime** crosswise.
- In a bowl, combine the **powdered sugar** and the **juice of both lime halves**. Whisk to combine, then gradually add **1 teaspoon of water** at a time to achieve your desired consistency.
- Top the **cooled cake** with the **glaze**; cut into equal-sized pieces. Enjoy!





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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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