

# **Blue Apron** Add-ons

---

MENU FOR  
September 12–18, 2022

COOK ALONG WITH 

*"Alexa, find Blue Apron recipes."*

# Homemade Granola Bowls

with Greek Yogurt & Blueberries



2 SERVINGS

🕒 10-15 MIN



6 oz Blueberries



½ cup Rolled Oats



1 cup Plain Nonfat Greek Yogurt



1 oz Salted Butter



2 tps Honey



1 oz Blueberry Bourbon Spread



1 oz Unsweetened Coconut Flakes



1 Tbsp Light Brown Sugar



2 Tbsps Sliced Roasted Almonds



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

## 1 Toast the granola

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the **blueberries**.
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **oats, coconut flakes, almonds, and half the warming spices** (you will have extra). Toast, stirring occasionally, 5 to 6 minutes, or until golden brown.
- Transfer to a large bowl.
- Rinse and wipe out the pan.

## 2 Finish the granola & serve your dish

- To the same pan, add the **butter, honey** (kneading the packet before opening), **sugar**, and **a pinch of salt**; stir to combine. Cook on medium, stirring occasionally, 2 to 3 minutes, or until the butter is melted and browned (it should smell nutty and toasted).
- Transfer to the bowl of **toasted granola**; stir to coat.
- Serve the **finished granola** topped with the **yogurt, blueberry spread**, and **blueberries**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

# Pancetta Jam Grilled Cheese

with Smoked Gouda



2 SERVINGS | ⌚ 15-25 MIN



3 oz Diced Pancetta



4 slices Sourdough  
Pullman Bread



4 oz Smoked Gouda  
Cheese



1 Tbsp Apple Cider  
Vinegar



3 oz Caramelized Onions  
& Garlic



¼ cup Dijonnaise



2 tps Honey



1 Tbsp Light Brown  
Sugar



¼ tsp Crushed Red  
Pepper Flakes

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Thinly slice the **cheese**.

## 2 Make the pancetta jam

- In a medium pan (nonstick, if you have one), 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 slightly crispy.
- Carefully drain off and discard any excess oil.
- Add the **caramelized onions, vinegar, sugar, honey** (kneading the packet before opening), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until combined and the pancetta is cooked through.
- Turn off the heat.

## 3 Cook the sandwiches & serve your dish

- Assemble the sandwiches using the **bread, dijonnaise, pancetta jam, and sliced cheese**; season with salt and pepper.
- Rinse and wipe out the pan used to make the jam.
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **sandwiches**; loosely cover the pan with foil. Cook 2 to 4 minutes per side, or until lightly browned and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping).
- Transfer to a cutting board; immediately season with salt. Carefully halve on an angle. Enjoy!

# Roasted Vegetable & Arugula Salad

with Caper-Honey Vinaigrette



2-4 SERVINGS | 20-30 MIN



2 oz Arugula



½ lb Broccoli



½ lb Sweet Potato



¼ cup Grated Parmesan Cheese



1 Tbsp Sherry Vinegar



2 tsps Honey



1 Tbsp Capers



2 Tbsps Sliced Roasted Almonds

## 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 450°F.
- Wash and dry the fresh produce.
- Cut off the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Small dice the **sweet potato**.
- Roughly chop the **capers**.
- In a large bowl, whisk together the **vinegar** and **honey** (kneading the packet before opening). Add the **chopped capers** and stir to combine.

## 2 Roast & dress the vegetables

- Line a sheet pan with foil.
- Place the **broccoli florets** and **diced sweet potato** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to the bowl of **caper-honey vinaigrette**. Toss to combine.

## 3 Make the salad & serve your dish

- To the bowl of **dressed vegetables**, add the **arugula** and a drizzle of **olive oil**. Season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **almonds** and **cheese**. 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.



## Plant-Based



8 or 16 oz Plant-Based  
Beyond Chicken®  
Breaded Tenders

**Internal Temperature:** 145°F

**To cook:** Place an oven rack in the center of the oven; preheat to 450°F. Line a sheet pan with foil. Place the tenders on the foil. Roast 7 to 9 minutes, flipping halfway through, or until lightly browned and cooked through. Remove from the oven.



## 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



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.

Photos depict proteins as cooked.

\*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.

# Jalapeño & Smoked Gouda Biscuits

with Honey Butter



2-4 SERVINGS

⌚ 20-30 MIN



1 cup Biscuit Mix



¼ cup Sour Cream



1 oz Salted Butter



2 oz Smoked Gouda Cheese



1 Jalapeño Pepper



2 tsps Honey



2 Scallions

## 1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then small dice. Thoroughly wash your hands immediately after handling.



## 2 Bake the biscuits

- In a large bowl, combine the **biscuit mix**, **sour cream**, **sliced scallions**, **half the grated cheese**, **¼ cup of water**, and **as much of the diced pepper as you'd like**, depending on how spicy you'd like the biscuits to be. Gently stir until just combined (be careful not to overmix).
- Lightly oil a sheet pan.
- Scoop the **biscuit dough** into 4 equal-sized dollops; place on the oiled sheet pan. Evenly top each biscuit with the **remaining grated cheese**.
- Bake 14 to 16 minutes, or until the biscuits are set and cooked through.
- Remove from the oven.



## 3 Make the honey butter & serve your dish

- Meanwhile, in a bowl, combine the **softened butter** and **honey** (kneading the packet before opening). Using a fork, mash until smooth. Season with salt and pepper.
- Serve the **baked biscuits** topped with the **honey butter**. Enjoy!





# Cheesy Jalapeño Fritters

with Sweet Chili Dipping Sauce



2-4 SERVINGS

⌚ 15-25 MIN



2 oz Cheddar Cheese Curds



2 oz Sliced Pickled Jalapeño Pepper



1 Lime



3 Tbsps Sweet Chili Sauce



¼ cup Tempura Mix



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

<sup>1</sup>. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



### ① Prepare the ingredients & make the dipping sauce

- Wash, dry, and quarter the **lime**.
- Roughly chop the **cheese curds**.
- Roughly chop the **pepper**, then pat dry with paper towels. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **sweet chili sauce** and the **juice of 2 lime wedges** (you will have extra). Stir to combine.



### ② Make the batter

- In a medium bowl, whisk together the **tempura mix**, **half the spice blend** (you will have extra), and **¼ cup of cold water**. Season with salt and pepper.
- Add the **chopped cheese curds** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be; stir to thoroughly combine.



### ③ Make the fritters & serve your dish

- In a large pan (nonstick, if you have one), heat **2 tablespoons of oil** on medium-high.
- Once the oil is hot enough that a pinch of batter sizzles immediately when added, scoop the **batter** into the pan to form 4 to 6 equal-sized patties. Cook 3 to 4 minutes per side, or until golden brown and cooked through.
- Transfer to a paper towel-lined plate and immediately season with salt.
- Serve the **fritters** with the **dipping 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!





To view full nutrition information for these recipes, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased these recipes outside of [blueapron.com](https://blueapron.com), nutrition information can be found on the retailer's product page. 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).**

---

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.  
**Blue Apron, LLC**, New York, NY 10005



091222, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12