

# **Blue Apron** Add-ons

---

MENU FOR  
October 03–09, 2022

COOK ALONG WITH 

*"Alexa, find Blue Apron recipes."*

# Smoked Gouda Breakfast Tacos

with Pepper & Guajillo Sour Cream



2-4 SERVINGS | ⌚ 15-20 MIN



4 Pasture-Raised Eggs



4 Flour Tortillas



1 Bell Pepper



2 Scallions



2 oz Smoked Gouda Cheese



¼ cup Sour Cream



⅓ cup Guajillo Chile Pepper Sauce



1 oz Sliced Pickled Jalapeño Pepper

## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- 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.
- In a bowl, combine the **guajillo sauce** and **sour cream**.

## 2 Cook the eggs

- In a medium nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.

- Add the **beaten eggs**. Cook, stirring frequently, 1 to 2 minutes, or until cooked through.
- Turn off the heat; stir in the **grated cheese** until melted.

## 3 Warm the tortillas

- Meanwhile, wrap the **tortillas** in a damp paper towel; microwave on high 1 minute, or until heated through.
- Transfer to a work surface and carefully unwrap.

## 4 Assemble the tacos & serve your dish

- Assemble the tacos using the **warmed tortillas**, **guajillo sour cream**, **cooked eggs**, **sliced green tops of the scallions**, and **as much of the jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!

# Parmesan & Thyme Biscuits

with Truffle Butter



2-4 SERVINGS | ⌚ 20-30 MIN



1 cup Biscuit Mix



¼ cup Sour Cream



2 oz Salted Butter



¼ cup Grated Parmesan Cheese



1 bunch Thyme



¼ tsp Truffle Zest Seasoning<sup>1</sup>

## 1 Prepare & bake the biscuits

- Remove the **butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **thyme**; pick the leaves off the stems. Roughly chop the leaves.
- In a bowl, combine the **biscuit mix, chopped thyme leaves, sour cream, half the cheese,** and **¼ cup of water**. Gently stir until just combined (be careful not to overmix).
- Lightly oil the center of a sheet pan.
- Scoop 4 equal-sized dollops of the **biscuit dough** onto the oiled portion of the sheet pan.
- Bake 14 to 16 minutes, or until the biscuits are set and cooked through.
- Remove from the oven and let stand at least 2 minutes before serving.

## 2 Make the truffle butter & serve your dish

- Meanwhile, in a bowl, combine the **softened butter, remaining cheese,** and **as much of the truffle zest as you'd like**. Using a fork, mash until thoroughly combined.
- Serve the **baked biscuits** with the **truffle butter**. Enjoy!

1. includes natural truffle flavor and black summer truffle

# Cold Sesame-Peanut Noodles

with Scallions & Cucumber



2 SERVINGS | 10-20 MIN



½ lb Fresh Lo Mein Noodles<sup>1</sup>



1 Persian Cucumber



2 Scallions



1 Tbsp Soy Sauce



1 Tbsp Sambal Oelek



2 Tbsps Tahini



1 Tbsp Sesame Oil



2 Tbsps Rice Vinegar



1 Tbsp Smooth Peanut Butter Spread



1 Tbsp Sugar



1 tsp Black & White Sesame Seeds

## 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.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Thinly slice the **cucumber** into rounds.
- In a bowl, combine the **sliced cucumber**, **sesame seeds**, and **half the vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate, large bowl, whisk together the **peanut butter spread**, **tahini**, **sesame oil**, **remaining vinegar**, **soy sauce**, **sugar**, **sliced white bottoms of the scallions**, **2 tablespoons of warm water**, and as much

of the **sambal oelek** as you'd like, depending on how spicy you'd like it to be.

## 2 Cook the noodles & serve your dish

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to prevent sticking.
- Transfer to the bowl of **sesame-peanut sauce**; stir to combine.
- Serve the **dressed noodles** garnished with the **sliced green tops of the scallions** and **marinated cucumber**. Enjoy!

1. previously frozen



# 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.



## 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.



## Plant-Based



8 oz 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.

# Cheesy Pancetta & Egg Strata

with Spinach & White Cheddar



4-6 SERVINGS

⌚ 40-50 MIN: 15 MIN ACTIVE, 30 MIN INACTIVE



2 Pasture-Raised Eggs



3 oz Diced Pancetta



2 Challah Buns



1 Yellow Onion



3 oz Baby Spinach



¼ cup Grated Parmesan Cheese



½ cup Cream



¼ cup Mascarpone Cheese



2 oz White Cheddar Cheese



1 oz Salted Butter



2 Tbsps Dijon Mustard



## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 350°F.
- Halve, peel, and small dice the **onion**.
- Grate the **cheddar** on the large side of a box grater.
- Tear the **buns** into bite-sized pieces.



## 2 Cook the pancetta & vegetables

- Wash and dry the **spinach**.
- In a medium pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **pancetta** and **diced onion**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until wilted.
- Turn off the heat.



## 3 Assemble the strata

- Crack the **eggs** into a large bowl.
- Add the **cream**, **mustard**, and **mascarpone**. Whisk to thoroughly combine.
- Add the **cooked pancetta and vegetables** (including any liquid from the pan) and **half the grated cheddar**. Stir to combine.
- Add the **bun pieces** and gently stir to combine. Set aside to saturate, about 2 minutes.



## 4 Bake the strata & serve your dish

- Lightly grease an 8-inch square baking dish.
- Transfer the **strata** to the baking dish; spread into an even layer. Top with the **remaining grated cheddar**.
- Bake 26 to 30 minutes, or until the buns are toasted and the filling is set and cooked through.
- Remove from the oven; let stand at least 2 minutes before serving. (If making ahead of time, let cool completely, then cover with foil. When ready to serve, keep covered with foil and reheat in a 350°F oven for 15 to 20 minutes, or until heated through.)
- Serve the **baked strata** topped with the **parmesan**. Enjoy!



# Roasted Squash & Arugula Salad

with Marinated Grapes & Shallot



2-4 SERVINGS

⌚ 25-30 MIN



1 Delicata Squash



1 Shallot



4 oz Red Seedless Grapes



2 oz Arugula



¾ cup Grated Parmesan Cheese



2 tsps Honey



1 Tbsp Sherry Vinegar



2 Tbsps Sliced Roasted Almonds



1 Tbsp Weeknight Hero Spice Blend¹

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



### 1 Prepare & roast the squash

- 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.
- Line a sheet pan with foil.
- Cut off and discard the ends of the **squash**; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then cut crosswise into 1/2-inch pieces.
- Place on the sheet pan. Drizzle with **olive oil** and season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat. Arrange in an even layer.
- Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



---

### 2 Marinate the grapes & shallot

- Meanwhile, in a large bowl, combine the **honey** (kneading the packet before opening), **vinegar**, and **1 tablespoon of olive oil**.
- Peel and thinly slice the **shallot**.
- Halve the **grapes**.
- Add the **sliced shallot** and **halved grapes** to the bowl of **dressing** and toss to combine. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



---

### 3 Make the salad & serve your dish

- To the bowl of **marinated grapes and shallot**, add the **arugula**; season with salt and pepper. Toss to coat.
- Serve the **salad** topped with the **roasted squash, cheese**, and **almonds**. Enjoy!



# Apple Cake

with Miso Caramel



8 SERVINGS

🕒 70-80 MIN: 20 MIN ACTIVE, 55 MIN INACTIVE



1 Pasture-Raised Egg



1 Apple



½ cup Cream



2 oz Salted Butter



½ cup Sugar



1 Tbsp Light Brown Sugar



1 cup All-Purpose Flour



1 tsp Baking Powder



1 Tbsp Sweet White Miso Paste



¼ cup Caramel Shards

## 1 Prepare the apple

- Place an oven rack in the center of the oven, then preheat to 350°F.
- Wash and dry the **apple**. Quarter and core the apple, then thinly slice lengthwise, ensuring all slices are the same size.



## 2 Make the batter

- In a bowl, whisk together the **flour** and **baking powder**.
- Place the **butter** in a large bowl. Working in 30 second increments, microwave on high, or until melted.
- Add the **granulated sugar**, **brown sugar**, **egg**, and **half the cream**. Whisk to combine.
- Add the **dry ingredients** to the bowl of **wet ingredients** and stir until just combined.
- Add the **sliced apple** and stir to thoroughly coat.



## 3 Bake the cake

- Lightly grease a loaf pan.
- Transfer the **batter** to the prepared pan and spread in an even layer, ensuring the apples and batter are evenly dispersed, the apples are laying flat, and that any apples at the top of the cake are covered with batter.
- Bake 35 minutes, or until lightly browned and cooked through.
- Transfer to a wire rack and let cool about 20 minutes, or until room temperature.



## 4 Make the miso caramel & serve your dish

- Once the cake is cool, in a small pot, combine the **caramel shards**, **miso paste**, and **remaining cream**. Cook on medium, stirring constantly, 4 to 6 minutes, or until the caramel has dissolved and the mixture is thickened.
- Turn off the heat.
- Serve the **cooled cake** drizzled with the **miso caramel**. Enjoy!





#### FIND YOUR NUTRITION INFORMATION

**For 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):** visit the retailer's product page. **For proteins or plant-based ingredients:** visit [cook.blueapron.com/addons-info](https://cook.blueapron.com/addons-info)

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

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



100322, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12