

Blue Apron Add-ons

MENU FOR
October 10–16, 2022

COOK ALONG WITH 






"Alexa, find Blue Apron recipes."

Mango French Toast

with Miso Caramel



2-4 SERVINGS | ⌚ 20-30 MIN

-  2 Pasture-Raised Eggs
-  4 slices Sourdough Pullman Bread
-  1 Mango Cheek
-  1 oz Salted Butter
-  ¼ cup Cream

-  3 Tbsps Sweet White Miso Paste
-  1 oz Unsweetened Coconut Flakes
-  ¼ cup Caramel Shards
-  1 tsp Warming Spices¹

1 Prepare the ingredients & soak the bread

- Small dice the **mango**.
- In a shallow baking dish, whisk together the **eggs**, **warming spices**, and a **pinch of salt**.
- Working in batches if necessary, add the **bread** and let soak 2 to 3 minutes per side.

2 Toast the coconut flakes

- Meanwhile, heat a large pan (nonstick, if you have one) on medium until hot.
- Add the **coconut flakes**. Cook, stirring frequently, 4 to 6 minutes, or until golden brown.
- Transfer to a bowl.
- Wipe out the pan.

3 Make the french toast

- In the same pan, heat the **butter** on medium-high until melted.
- Working in batches if necessary, add the **soaked bread** to the pan. Cook 3 to 4 minutes per side, or until golden brown and cooked through.
- Transfer to a plate.

4 Make the miso caramel & serve your dish

- Meanwhile, in a small pot, combine the **caramel shards**, **cream**, and **miso paste**. 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 **french toast** drizzled with the **miso caramel** and topped with the **toasted coconut flakes** and **diced mango**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

Cheesy Harissa Pitas

with Garlic Yogurt



2-4 SERVINGS | 15-25 MIN



2 Pocketless Pitas



1 clove Garlic



1 bunch Mint



4 oz Smoked Gouda Cheese



½ cup Plain Nonfat Greek Yogurt



1 ½ Tbsps Red Harissa Paste

1 Prepare the ingredients

- 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; place in a bowl. Add the **harissa paste** and stir to combine.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a separate bowl, combine the **yogurt** and **as much of the garlic paste as you'd like**. Season with salt and pepper.
- Wash and dry the **mint**; pick the leaves off the stems.

2 Make the cheesy pitas & serve your dish

- Line a sheet pan with foil. Place the **pitas** on the foil. Evenly top with the **harissa-cheese mixture**.
- Bake 8 to 10 minutes, or until lightly browned and the cheese is melted.
- Transfer to a cutting board. When cool enough to handle, cut into equal-sized wedges.
- Serve the **cheesy pitas** with the **garlic yogurt**. Garnish the pitas with the **mint leaves** (tearing just before adding). Enjoy!

Spinach, Pear & Farro Salad

with Pistachios & Lemon Vinaigrette



2-4 SERVINGS | ⌚ 20-30 MIN



½ cup Semi-Pearled Farro



1 Shallot



3 oz Baby Spinach



1 Avocado



½ oz Pickled Peppadew Peppers



1 Pear



1 Lemon



0.7 oz Grana Padano Cheese



2 tsps Honey



2 Tbsps Roasted Pistachios

1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **spinach**; stir until combined and slightly wilted.

2 Make the salad & serve your dish

- Meanwhile, quarter, core, and thinly slice the **pear**.
- Peel and finely chop the **shallot**.
- Roughly chop the **peppers** and **pistachios**.
- Halve, pit, and thinly slice the **avocado**.

- Halve the **lemon** crosswise; squeeze the juice into a large bowl, straining out the seeds.
- Add the **chopped shallot** and **honey** (kneading the packet before opening); season with salt and pepper. Whisk to combine. Slowly whisk in **1 tablespoon of olive oil** until combined. Taste, then season with salt and pepper if desired.
- Add the **cooked farro and spinach** and **sliced pear**; season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **sliced avocado, chopped peppers and pistachios**, and **cheese** (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.



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.



Beef



2 or 4 Flank Steaks

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 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.



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.

1. peeled & deveined

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.

Garlic Bread Grilled Cheese & Tomato Soup

with Pancetta



2-4 SERVINGS

⌚ 20-30 MIN



3 oz Diced Pancetta



4 slices Sourdough Pullman Bread



1 14.5-oz can Crushed Tomatoes



1/3 cup Mirepoix



1 oz Garlic & Herb Spreadable Butter



2 oz Smoked Gouda Cheese



2 oz White Cheddar Cheese



1/4 cup Grated Parmesan Cheese



1/4 cup Cream



2 1/2 Tbsps Vegetable Demi-Glace



1/4 tsp Crushed Red Pepper Flakes

1 Start the soup

- Remove the **spreadable butter** from the refrigerator to soften.
 - In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
 - Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until slightly crispy and cooked through.
 - Add the **mirepoix** (carefully, as the liquid may splatter) 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. Cook, stirring occasionally, 2 to 3 minutes, or until combined.
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2 Finish the soup

- Carefully add the **tomatoes, demi-glace**, and **1 cup of water**; season with salt and pepper. Reduce the heat to medium and cook, stirring occasionally, 5 to 7 minutes, or until combined and slightly thickened.
 - Add the **cream**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
 - Turn off the heat. Taste, then season with salt and pepper if desired.
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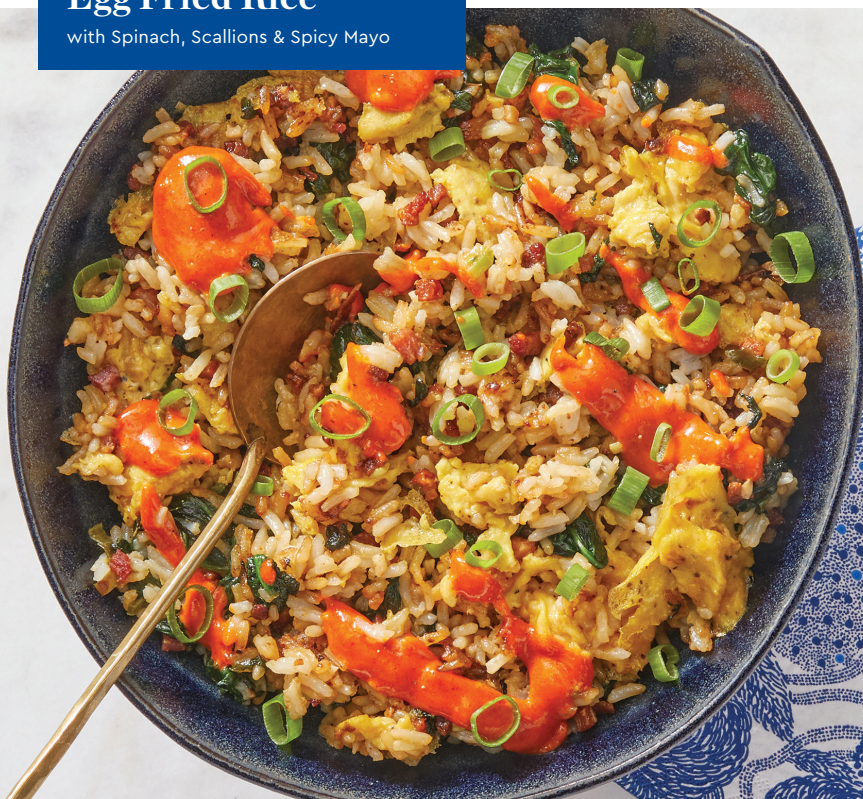
3 Make the grilled cheese & serve your dish

- Meanwhile, thinly slice the **smoked gouda** and **cheddar**.
- Assemble the sandwiches using the **bread** and **sliced cheeses**. Carefully spread the **softened butter** onto the outsides of each sandwich.
- In a large pan (nonstick, if you have one), 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.
- Serve the **grilled cheese** with the **finished soup**. Garnish the soup with the **parmesan**. Enjoy!



Pancetta & Egg Fried Rice

with Spinach, Scallions & Spicy Mayo



2 SERVINGS

🕒 20-30 MIN



3 oz Diced Pancetta



2 Pasture-Raised Eggs



½ cup Long Grain White Rice



3 oz Baby Spinach



2 Scallions



3 Tbsps East Asian-Style Sautéed Aromatics



2 tsps Gochujang



1 Tbsp Soy Sauce



2 Tbsps Mayonnaise

1 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- In a separate bowl, combine the **mayonnaise** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the pancetta & spinach

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pancetta** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted and the pancetta is cooked through. Turn off the heat.



4 Make the fried rice & serve your dish

- To the pan, add the **cooked rice**, **sautéed aromatics**, and **soy sauce**; stir to combine, then arrange in an even layer. Cook on medium-high, without stirring, 3 to 4 minutes, or until the rice is slightly crispy. Using a spoon, move the fried rice to one side of the pan.
- Add the **beaten eggs** to the other side. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through.
- Turn off the heat. Stir to thoroughly combine.
- Serve the **fried rice** drizzled with the **spicy mayo**. Garnish with the **sliced green tops of scallions**. Enjoy!



Blueberry & Pear Pies

with Cornmeal Crumble



6 SERVINGS

🕒 50-60 MIN: 14 MIN ACTIVE, 39 MIN INACTIVE



2 Pie Crusts



1 cup Cornbread Mix



6 oz Blueberries



1 Pear



2 Tbsps All-Purpose Flour



¼ cup Sugar



2 oz Salted Butter



2 oz Blueberry Bourbon Spread



1 Tbsp Apple Cider Vinegar

1 Grate the pear

- Place an oven rack in the center of the oven; preheat to 375°F.
- Wash and dry the fresh produce.
- Using the large side of a box grater, grate the **pear**, discarding the core.



2 Make the filling

- In a large bowl, combine the **grated pear**, **blueberries**, **blueberry bourbon spread**, **vinegar**, **flour**, and a **pinch of salt**.



3 Make the cornmeal crumble

- 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 **cornbread mix** and **sugar**; stir to combine.



4 Bake the pies & serve your dish

- Place the **pie crusts** on a sheet pan, leaving them in their tins.
- Divide the **filling** between the crusts, then evenly top with as much of the **cornmeal crumble** as you'd like (you may have extra).
- Bake 20 to 24 minutes, or until the topping and crust are golden brown and the filling is bubbly.
- Remove from the oven and let stand at least 15 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.
Blue Apron, LLC, New York, NY 10005



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