

Blue Apron Add-ons

MENU FOR
September 26–October 02, 2022

COOK ALONG WITH 

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Fried Egg & Prosciutto Sandwiches

with Smoked Gouda & Calabrian Mayo



2 SERVINGS | ⌚ 15-20 MIN



2 Pasture-Raised Eggs



3 oz Prosciutto



2 Sesame Seed Buns



2 oz Smoked Gouda Cheese



2 Tbsps Mayonnaise



1 ½ tps Calabrian Chile Paste

1 Prepare the ingredients

- Halve the **buns**.
- Grate the **cheese** on the large side of a box grater.
- Remove the plastic lining between the slices of **prosciutto**; tear into small pieces.
- In a bowl, combine the **mayonnaise** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

2 Toast the buns

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.

3 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper.
- Evenly top the eggs with the **grated cheese**. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Assemble the sandwiches using the **toasted buns**, **Calabrian mayo**, **prosciutto pieces**, and **fried eggs**. Enjoy!

Baked Cheddar Garlic Bread

with Crushed Red Pepper Flakes



4-6 SERVINGS | ⌚ 15-25 MIN



2 Small Baguettes



4 oz White Cheddar Cheese



2 oz Garlic & Herb Spreadable Butter



¼ tsp Crushed Red Pepper Flakes

① Prepare the ingredients

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Halve the **baguettes** lengthwise.
- Grate the **cheese** on the large side of a box grater.

② Make the garlic bread & serve your dish

- Line a sheet pan with foil.
- Transfer the **halved baguettes**, cut side up, to the foil. Evenly top with the **softened butter**, **grated cheese**, a drizzle of **olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Bake 9 to 11 minutes, or until the cheese is melted and the bread is lightly toasted.
- Transfer to a cutting board.
- When cool enough to handle, cut the **baked garlic bread** into equal-sized pieces. Enjoy!

Pesto Pasta

with Spinach & Parmesan



2 SERVINGS | ⌚ 15-20 MIN



6 oz Mafalda Pasta



3 oz Baby Spinach



1/3 cup Basil Pesto



2 Tbsps Mascarpone
Cheese



1/4 cup Grated Parmesan
Cheese

1 Cook the pasta

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **pasta**. Cook, stirring occasionally, 10 to 12 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{1}{4}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.

2 Finish the pasta & serve your dish

- Meanwhile, wash and dry the **spinach**.
- To the pot of **cooked pasta**, add the **spinach**, **pesto**, **mascarpone**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **parmesan**. 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.



Pork



10 oz or 20 oz Pork Chorizo

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



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



10 oz or 20 oz Sustainably Sourced Sea Scallops

Internal Temperature: N/A

To cook: Thoroughly pat the scallops dry. Using your hands, remove and discard the tough side muscle from each scallop. In a medium or large pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned scallops in an even layer. Cook 3 to 4 minutes, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.

Roasted Vegetable & Spinach Salad

with Pepitas & Brown Butter Vinaigrette



2-4 SERVINGS

⌚ 20-30 MIN



3 oz Baby Spinach



1 Red Onion



1 lb Sweet Potatoes



1 oz Balsamic-Marinated
Cipolline Onions



½ oz Sweet Drop
Peppers



1 oz Salted Butter



1 Tbsp Apple Cider
Vinegar



2 tsps Honey



1 Tbsp Dijon Mustard



2 Tbsps Raw Pepitas

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.
- Halve the **sweet potatoes** lengthwise, then cut crosswise into ¼-inch pieces.
- Halve and peel the **red onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Roughly chop the **cipolline onions**.



2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **sweet potato pieces** and **onion wedges** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 18 to 20 minutes, or until the vegetables are browned and tender when pierced with a fork.
- Remove from the oven.



3 Toast the pepitas

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they cook).
- Transfer to a bowl and immediately season with salt.
- Wipe out the pan.



4 Make the brown butter vinaigrette & serve your dish

- In the same pan, heat the **butter** on medium 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. Carefully whisk in the **mustard**, **honey** (kneading the packet before opening), and **vinegar**. Taste, then season with salt and pepper if desired.
- Add the **roasted vegetables**, **spinach**, **peppers**, and **chopped cipolline onions** to the bowl of **dressing**. Toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **salad** garnished with the **toasted pepitas**. Enjoy!



Cherry-Oat Loaf

with Almonds & Cinnamon-Date Butter



4-6 SERVINGS

⌚ 45-55 MIN: 15 MIN ACTIVE, 40 MIN INACTIVE



3 Tbsps Dried Tart Cherries



½ cup Rolled Oats



½ cup Cream



4 Tbsps Crème Fraîche



2 oz Salted Butter



⅔ cup All-Purpose Flour



¾ cup Sugar



½ cup Biscuit Mix



1 tsp Baking Powder



1 Pasture-Raised Egg



2 Tbsps Maple Syrup



2 tps Date Syrup



2 Tbsps Sliced Roasted Almonds



2 tps Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Roughly chop the **cherries**.
- Roughly chop the **almonds**.
- In a bowl, combine the **flour, biscuit mix, baking powder, half the warming spices** (one packet), **all but 2 tablespoons of the oats**, and a **pinch of salt**. Whisk to combine.



2 Mix the wet ingredients

- Working in 30 second increments, melt **half 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 **cream, crème fraîche, egg, maple syrup, 1 tablespoon of water**, and **all but 2 teaspoons of the sugar**; whisk to thoroughly combine.



3 Make the batter

- Add the **dry ingredients** to the bowl of **wet ingredients**; using a spatula, gently mix until only a few white streaks remain.
- Gently fold in the **chopped cherries** and **half the chopped almonds** until just combined.



4 Assemble & bake the loaf

- In a separate bowl, combine the **remaining rolled oats, remaining chopped almonds, and remaining sugar**.
- Lightly grease a 9-by-5-inch loaf pan.
- Transfer the **batter** to the pan. Evenly top with the **oat mixture**.
- Bake 30 to 33 minutes, or until cooked through and a toothpick inserted into the middle comes out clean.
- Remove from the oven. Let stand at least 5 minutes before serving.



5 Make the cinnamon-date butter & serve your dish

- Meanwhile, in a bowl, combine the **remaining butter, date syrup, and remaining warming spices**. Using a fork, mash until thoroughly combined.
- Serve the **baked loaf** with the **cinnamon-date butter**. Enjoy!



Challah Bread Pudding

with Peanut Butter & Sour Cherry Sauces



6-8 SERVINGS

⌚ 40-50 MIN: 13 MIN ACTIVE, 34 MIN INACTIVE



3 Tbsps Dried Tart Cherries



2 Challah Buns



2 Pasture-Raised Eggs



½ cup Cream



¾ cup Mascarpone Cheese



1 oz Salted Butter



1 cup Powdered Sugar



2 Tbsps Sour Cherry Spread



2 Tbsps Smooth Peanut Butter Spread



3 Tbsps Roasted Peanuts

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 350°F.
- Tear the **buns** into bite-sized pieces.
- In a bowl, combine the **sour cherry spread** and **2 teaspoons of water**.
- Roughly chop the **peanuts**.



2 Make the filling

- Crack the **eggs** into a large bowl.
- Add the **cream**, **mascarpone**, and **¾ cup of the powdered sugar**. Whisk to thoroughly combine.
- Add the **cherries** and **bun pieces**; gently stir to combine.
- Set aside to saturate about 2 minutes.



3 Bake the bread pudding

- Lightly grease an 8-inch square baking dish.
- Transfer the **filling** to the baking dish; spread into an even layer.
- 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.)



4 Make the peanut butter sauce & serve your dish

- Just before serving, in a small pot, combine the **peanut butter spread**, **butter**, and **remaining powdered sugar**. Cook on medium-high, whisking constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat.
- Serve the **baked bread pudding** drizzled with the **peanut butter sauce** and **sour cherry sauce**. Garnish with the **chopped peanuts**. 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.
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