

Blue Apron Add-ons

MENU FOR
December 05–11, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Blueberry-Pecan Overnight Oats

with Fig Spread



2 SERVINGS | ⌚ 10-15 MIN ACTIVE



1 cup Rolled Oats



3 oz Blueberries



¾ cup Cream



½ cup Plain Nonfat Greek Yogurt



2 tps Vanilla Powder



1 Tbsp Light Brown Sugar



2 Tbsps Maple Syrup



2 Tbsps Fig Spread



½ cup Roasted Pecans



1 tsp Warming Spices¹

1 Toast the pecans

- Roughly chop the **pecans**.
- Add the **chopped pecans** to a medium pan. Cook on medium-high, stirring occasionally, 3 to 4 minutes, or until slightly toasted.
- Turn off the heat.

2 Make the overnight oats

- Wash and dry the **blueberries**.
- In a large bowl, whisk together the **yogurt, maple syrup, cream, vanilla powder, warming spices, sugar, a pinch of salt, and ¾ cup of water**.

- Add the **oats, blueberries, and half the toasted pecans**; gently stir until just combined.
- Divide the **prepared oats** between two containers, leaving room for the oats to expand.
- Cover and refrigerate overnight until the oats are soft and fully hydrated.

3 Serve your dish

- Serve the **finished oats** topped with the **fig spread** and **remaining toasted pecans**. Enjoy!

¹ Cinnamon, Ginger, Cardamom & Allspice

Monte Cristo Sandwiches

with Prosciutto & Smoked Gouda



2 SERVINGS | ⌚ 20-30 MIN



3 oz Prosciutto



2 Pasture-Raised Eggs



4 slices Sourdough Pullman Bread



2 oz Smoked Gouda Cheese



¼ cup Cream



1 oz Salted Butter



1 Tbsp Fig Spread



1 ½ Tbsps Spicy Maple Syrup



1 Tbsp Dijon Mustard



¼ cup Powdered Sugar

1 Prepare the ingredients

- Thinly slice the **cheese**.
- In a large bowl, combine the **eggs** and **cream**; beat until smooth.
- Remove the plastic lining between the slices of **prosciutto**.
- In a bowl, combine the **fig spread** and **maple syrup**.

2 Assemble the sandwiches

- Assemble the sandwiches using the **bread**, **mustard**, **maple-fig spread**, **prosciutto** (tearing into bite-sized pieces before adding), and **sliced cheese**.
- Dip each **sandwich** into the bowl of **beaten eggs** until coated on both sides.
- Transfer to a plate.

3 Cook the sandwiches & serve your dish

- In a medium pan (nonstick, if you have one), heat the **butter** on medium until melted.
- Add the **sandwiches**. Cook 3 to 4 minutes per side, or until golden brown and the cheese is melted.
- Transfer to a work surface; carefully halve on an angle.
- Serve the **finished sandwiches** dusted with **as much of the powdered sugar as you'd like** (you will have extra). Enjoy!

Winter Orange Salad

with Pistachios & Tahini Dressing



2-4 SERVINGS | ⌚ 10-20 MIN



2 oz Arugula



3 oz Baby Spinach



2 Persian Cucumbers



1 Navel Orange



0.7 oz Grana Padano Cheese



2 Tbsps Tahini



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Sherry Vinegar



2 Tbsps Roasted Pistachios

1 Prepare the ingredients & make the dressing

- Wash and dry the fresh produce.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Peel the **orange**; halve lengthwise, then thinly slice crosswise.
- Roughly chop the **pistachios**.
- In a large bowl, whisk together the **vinegar**, **worcestershire**, **tahini**, and **1 tablespoon of water**; season with salt and pepper.

2 Make the salad & serve your dish

- To the bowl of **dressing**, add the **sliced cucumbers**, **spinach**, and **arugula**; toss to coat.
- Serve the **salad** topped with the **sliced orange**; season with salt and pepper. Garnish with the **chopped 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.



Beef



1 48-oz Pasture-Raised Beef Tenderloin Roast

Internal Temperature: 125°F

To cook: Preheat the oven to 400°F. Line a sheet pan with foil. 30 minutes before cooking, remove the beef from the refrigerator; season generously with salt and pepper. Transfer to the sheet pan. Roast 32 to 34 minutes for medium-rare (125°F), or until cooked to your desired degree of doneness.* Let rest at least 15 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.



Seafood



10 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.

1. peeled & deveined

Photos depict proteins as cooked.

*The USDA recommends a minimum safe cooking temperature of 145°F for beef. Roast the beef an additional 4 to 6 minutes to achieve this.

Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

Cheesy Egg Boats

with Scallions & Roasted Red Peppers



2-4 SERVINGS

⌚ 45-55 MIN



4 Pasture-Raised Eggs



2 Small Baguettes



$\frac{3}{4}$ cup Cream



2 oz Smoked Gouda Cheese



1 oz Sliced Roasted Red Peppers



2 Scallions

1 Prepare the bread boats

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Using a serrated knife, cut a thin slice off the top, rounded side of each **baguette**. Using your hands, scoop the soft bread out of the inside and discard.



2 Prepare the remaining ingredients

- Wash, dry, and thinly slice the **scallions**.
- Roughly chop the **peppers**.
- Grate the **cheese** on the large side of a box grater.
- Crack the **eggs** into a large liquid measuring cup (or a bowl). Add the **cream**; whisk until smooth. Season with salt and pepper. Add the **sliced scallions**, **chopped peppers**, and **half the grated cheese**; stir to combine.



3 Assemble the egg boats

- Line a sheet pan with foil.
- Place the **bread boats** on the foil.
- Carefully pour the **egg mixture** into the bread boats. Evenly top with the **remaining grated cheese**. Season with salt and pepper.



4 Bake the egg boats & serve your dish

- Bake the **egg boats** 29 to 31 minutes, or until the filling is set.
- Remove from the oven.
- Let cool at least 10 minutes, then cut crosswise into equal-sized pieces. Enjoy!



Prosciutto & Mozzarella Stuffed Dinner Rolls

with Calabrian Honey



2-4 SERVINGS

⌚ 30-40 MIN



3 oz Prosciutto



16 oz Pizza Dough



¾ cup Grated Parmesan Cheese



4 oz Fresh Mozzarella Cheese



1 bunch Parsley



1 ½ tps Calabrian Chile Paste



4 tps Honey

1 Prepare the ingredients

- Remove the **dough** and **honey** from the refrigerator to bring to room temperature.
 - Place an oven rack in the center of the oven, then preheat to 450°F.
 - Lightly oil a sheet pan with a drizzle of **olive oil**.
 - Cut the **dough** into 8 equal-sized pieces.
 - Cut the **mozzarella** into 8 equal-sized pieces.
 - Remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.
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2 Stuff & bake the rolls

- Working one piece at a time, shape **one piece of dough** around **one piece of mozzarella** and a **few prosciutto pieces** (about the same size as the mozzarella) until covered completely; pinch the edges to seal.
 - Transfer to the sheet pan, sealed side down.
 - Repeat with the **remaining dough, mozzarella, and prosciutto**. Evenly top or brush each roll with enough **olive oil** to coat.
 - Bake 19 to 23 minutes, or until golden brown and cooked through.
 - Remove from the oven and let rest at least 5 minutes.
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3 Prepare the remaining ingredients & serve your dish

- Meanwhile, wash and dry the **parsley**; roughly chop the leaves and stems.
- In a bowl, combine the **honey** (kneading the packet before opening) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- Serve the **finished rolls** drizzled with the **Calabrian honey**. Garnish with the **chopped parsley** and **parmesan**. Enjoy!



Glazed Cinnamon Biscotti

with Candied Ginger



10 SERVINGS

⌚ 100-110 MIN: 16 MIN ACTIVE, 90 MIN INACTIVE



1 Pasture-Raised Egg



¼ cup Candied Ginger



¾ cup Cream



2 oz Salted Butter



1 cup All-Purpose Flour



¾ cup Sugar



1 tsp Baking Powder



5 Tbsps Light Brown Sugar



1 cup Powdered Sugar



2 tps Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Make the dough

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Working in 30-second increments, melt the **butter** in a large bowl in the microwave (or heat in a small pot on the stove, then transfer to a large bowl).
- Allow to cool slightly. Add the **granulated sugar, brown sugar, and egg**; whisk to combine.
- In a separate bowl, whisk together the **flour, warming spices, baking powder, and a pinch of salt**.
- Transfer the **flour mixture** to the bowl of **butter-sugar mixture**. Stir until just combined.
- Add the **candied ginger** (roughly chop any larger pieces before adding); stir to incorporate.



2 Bake the dough

- Line a sheet pan with parchment paper.
- Transfer the **dough** to the parchment and spread into an even, 11-inch by 4-inch rectangle (the dough will be sticky).
- Bake 17 to 19 minutes, or until browned and mostly cooked through (the dough should feel solid and slightly hollow).
- Carefully transfer to a cutting board and let cool about 20 minutes.



3 Slice & bake the biscotti

- Using a serrated knife, slice the **cooled dough** on an angle into 1-inch-thick pieces.
- Return to the sheet pan and arrange in an even layer, cut side down.
- Bake the **biscotti** 14 to 16 minutes, flipping halfway through, or until cooked through and hardened.
- Remove from the oven. Let stand about 30 minutes, or until cool.



4 Make the glaze & serve your dish

- Once the biscotti are cooled, in a bowl, combine the **powdered sugar, cream, and 1 tablespoon of water**; whisk to thoroughly combine (add up to 1 tablespoon of water to reach your desired consistency).
- Drizzle the **cooled biscotti** with the **glaze** and let set about 5 minutes. 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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