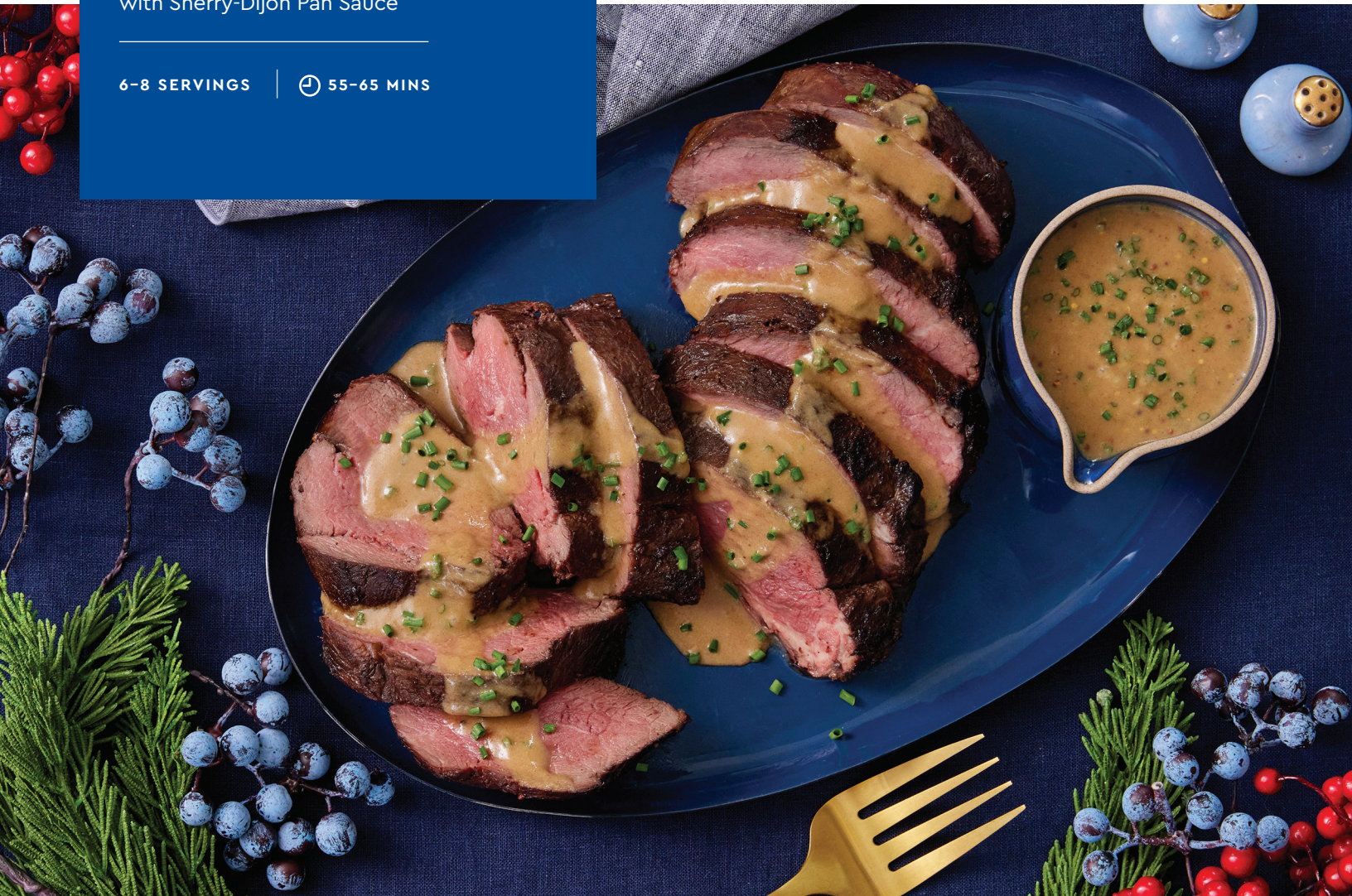


Roast Beef Tenderloin

with Sherry-Dijon Pan Sauce

6-8 SERVINGS | ⌚ 55-65 MINS



Ingredients*



1 48-oz Pasture-Raised Beef Tenderloin Roast



1 bunch Chives



2 Tbsps Crème Fraîche



2 oz Salted Butter



1 Tbsp Whole Grain Dijon Mustard



2 Tbsps Vegetarian Worcestershire Sauce



1 cup Chicken Bone Broth



2 Tbsps Sherry Vinegar



5 Tbsps Chicken Demi-Glace



1 Tbsps Weeknight Hero Spice Blend¹

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



Serve with Blue Apron wine that has this symbol based on its flavor profile. [Wine pairings available from blueapron.com/wine](https://blueapron.com/wine)

Roast Beef Tenderloin

1 Prepare & roast the beef

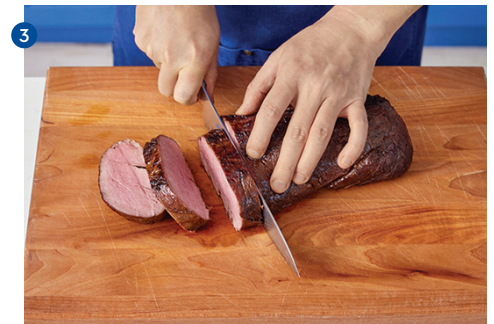
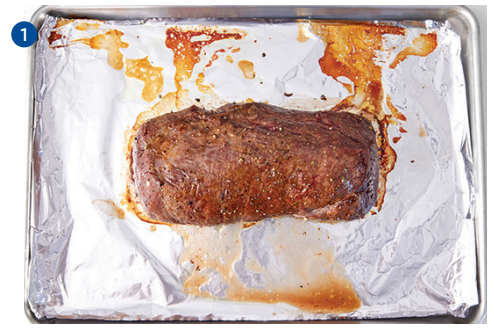
- Preheat the oven to 400°F.
- Line a sheet pan with foil.
- 30 minutes before cooking, remove the **beef** from the refrigerator. Pat dry with paper towels and season generously on all sides with salt, pepper, and the **spice blend**.
- Transfer the seasoned beef to the sheet pan.
- Roast 28 to 30 minutes, or until an instant-read thermometer registers 110°F.*
- Remove from the oven.

2 Finish the beef

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **roasted beef**. Cook 2 to 3 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 15 minutes.

3 Finish & serve your dish

- While the beef rests, wash and dry the **chives**; thinly slice.
- Heat the pan of reserved fond on medium-high until hot.
- Add the **broth** (carefully, as the liquid may splatter), **mustard**, **worcestershire sauce**, **vinegar**, **crème fraîche**, and **demi-glace**. Cook, whisking occasionally, 5 to 6 minutes, or until slightly reduced in volume.
- Turn off the heat. Whisk in the **butter** until melted and combined. Stir in **half the sliced chives**.
- Find the lines of muscle (or grain) on the **rested beef**; slice crosswise against the grain into 1/2-inch-thick slices.
- Serve the **sliced beef** with the **pan sauce**. Garnish with the **remaining sliced chives**.



*This cook time will yield a final internal temperature of 125°F (medium-rare) after Step 2. 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

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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Cheesy Potato Bake & Honey-Orange Glazed Rainbow Carrots

6-8 SERVINGS | ⌚ POTATO BAKE: 50-60 MINS
CARROTS: 40-50 MINS



Potato Bake Ingredients*

- | | |
|--|--|
|  2 ½ lbs Potatoes |  ½ cup Grated Parmesan Cheese |
|  6 oz Caramelized Onions & Garlic |  ¼ cup Crème Fraîche |
|  1 large bunch Parsley |  1 cup Cream |
|  4 oz Shredded Fontina Cheese |  5 Tbsps Vegetable Demi-Glace |

Carrots Ingredients*

- | | |
|--|--|
|  2 lbs Multicolor Carrots |  1 Tbsp Apple Cider Vinegar |
|  1 Navel Orange |  1 Tbsp Calabrian Chile Paste |
|  1 bunch Mint |  2 Tbsps Roasted Pistachios |
|  4 tsps Honey | |

*Ingredients may be replaced and quantities may vary.

Wine pairings available from blueapron.com/wine



Serve the Potato Bake with Blue Apron wine that has this symbol based on its flavor profile.



Serve the Carrots with Blue Apron wine that has this symbol based on its flavor profile.

Cheesy Potato Bake

MAKE AHEAD RECIPE

1 Prepare & start the potatoes

- Preheat the oven to 400°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Once boiling, add the **diced potatoes** to the pot and cook 14 to 16 minutes, or until slightly tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Season with salt and pepper.



2 Make the cream sauce

- Meanwhile, in a separate, medium pot, combine the **cream**, **caramelized onions**, **crème fraîche**, and **demi-glace**; heat on medium-high until simmering.
- Once simmering, cook, stirring occasionally, 5 to 6 minutes, or until slightly reduced in volume.
- Turn off the heat; season with salt and pepper.



3 Assemble the casserole

- Transfer the **cream sauce** to the pot of **boiled potatoes**; stir to combine. Taste, then season with salt and pepper if desired.
- Transfer to a large baking dish; evenly top with the **fontina** and **parmesan**. (If making the night before, tightly cover the baking dish with foil and refrigerate. Before baking, remove from the refrigerator and let sit at room temperature 1 hour, then remove the foil.)



4 Bake the casserole & serve your dish

- Bake the **casserole** 13 to 15 minutes, or until the top is golden brown and the filling is bubbly.
- Remove from the oven and let stand at least 5 minutes before serving.
- Meanwhile, roughly chop the **parsley** leaves and stems.
- Garnish the **baked casserole** with the **chopped parsley**.



Honey-Orange Glazed Rainbow Carrots

1 Prepare the ingredients & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 400°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise.
- Halve the **orange** crosswise.
- Roughly chop the **pistachios**.
- Pick the **mint** leaves off the stems.
- In a large bowl, combine the **honey** (kneading the packet before opening), **vinegar**, the **juice of both orange halves**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



2 Roast the carrots

- Line a sheet pan with foil.
- Transfer the **halved carrots** to the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer, cut side down.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Finish the carrots & serve your dish

- Transfer the **roasted carrots** to the bowl of **glaze**. Toss to coat.
- Serve the **glazed carrots** garnished with the **chopped pistachios** and **mint leaves** (tearing just before adding).




Creamy Spinach & Kale


with Thyme & Crispy Onions

6-8 SERVINGS | ⌚ 50-60 MINS




Ingredients*

 1 ½ lbs Kale

 5 oz Baby Spinach


 2 cloves Garlic

 ¼ cup Grated Parmesan Cheese


 1 oz Salted Butter


 2 Tbsps All-Purpose Flour

 1 tsp Quatre Épices¹

 ½ cup Cream

 ⅓ cup Crispy Onions

 1 bunch Thyme

 ¼ tsp Crushed Red Pepper Flakes

 1 tsp Preserved Lemon Purée

 2 ½ Tbsps Vegetable Demi-Glace

¹ White Pepper, Nutmeg, Ginger & Cloves
*Ingredients may be replaced and quantities may vary.



Serve with Blue Apron wine that has this symbol based on its flavor profile. [Wine pairings available from blueapron.com/wine](https://blueapron.com/wine)

Creamy Spinach & Kale

MAKE AHEAD RECIPE

1 Blanch & chop the greens

- Place an oven rack in the center of the oven; preheat to 400°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems.
- Once boiling, add the **kale leaves** to the pot and cook, stirring occasionally, 4 to 6 minutes, or until bright green and tender.
- Add the **spinach**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Turn off the heat.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- Hold or rest the strainer over the pot (or a bowl). Using a spoon, press down on the greens to release as much liquid as possible. Discard the liquid.
- Transfer the **blanched greens** to a cutting board; roughly chop.

2 Prepare the remaining ingredients & sauté the greens

- Peel and roughly chop **2 cloves of garlic**.
- Pick the **thyme** leaves off the stems.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**, **thyme leaves**, 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 constantly, 30 seconds to 1 minute, or until softened and fragrant.
- Add the **chopped greens**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Transfer to a large baking dish.
- Wipe out the pan.

3 Make the cream sauce

- In the same pan, heat the **butter** on medium until melted.
- Add the **quatre épices**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.
- Add the **flour**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until toasted and golden.
- Add the **demi-glace** (carefully, as the liquid may splatter), **cream**, and **1 cup of water**. Cook, stirring occasionally, 3 to 5 minutes, or until slightly thickened and the sauce coats the back of spoon. (If the sauce seems too thick, gradually add up to $\frac{1}{4}$ cup of water to achieve your desired consistency.)
- Add the **cheese** and **lemon purée**; stir to combine.
- Turn off the heat. Taste, then season with salt and pepper if desired.

4 Bake the greens & serve your dish

- Carefully add the **cream sauce** to the baking dish of **sautéed greens**; stir to combine. Taste, then season with salt and pepper if desired. (If making the night before, tightly cover the baking dish with foil and refrigerate. Before baking, remove from the refrigerator and let sit at room temperature 1 hour, then remove the foil.)
- Bake 13 to 15 minutes, or until heated through and the sauce is bubbly.
- Remove from the oven and let stand at least 5 minutes before serving.
- Serve the **baked greens** garnished with the **crispy onions**.

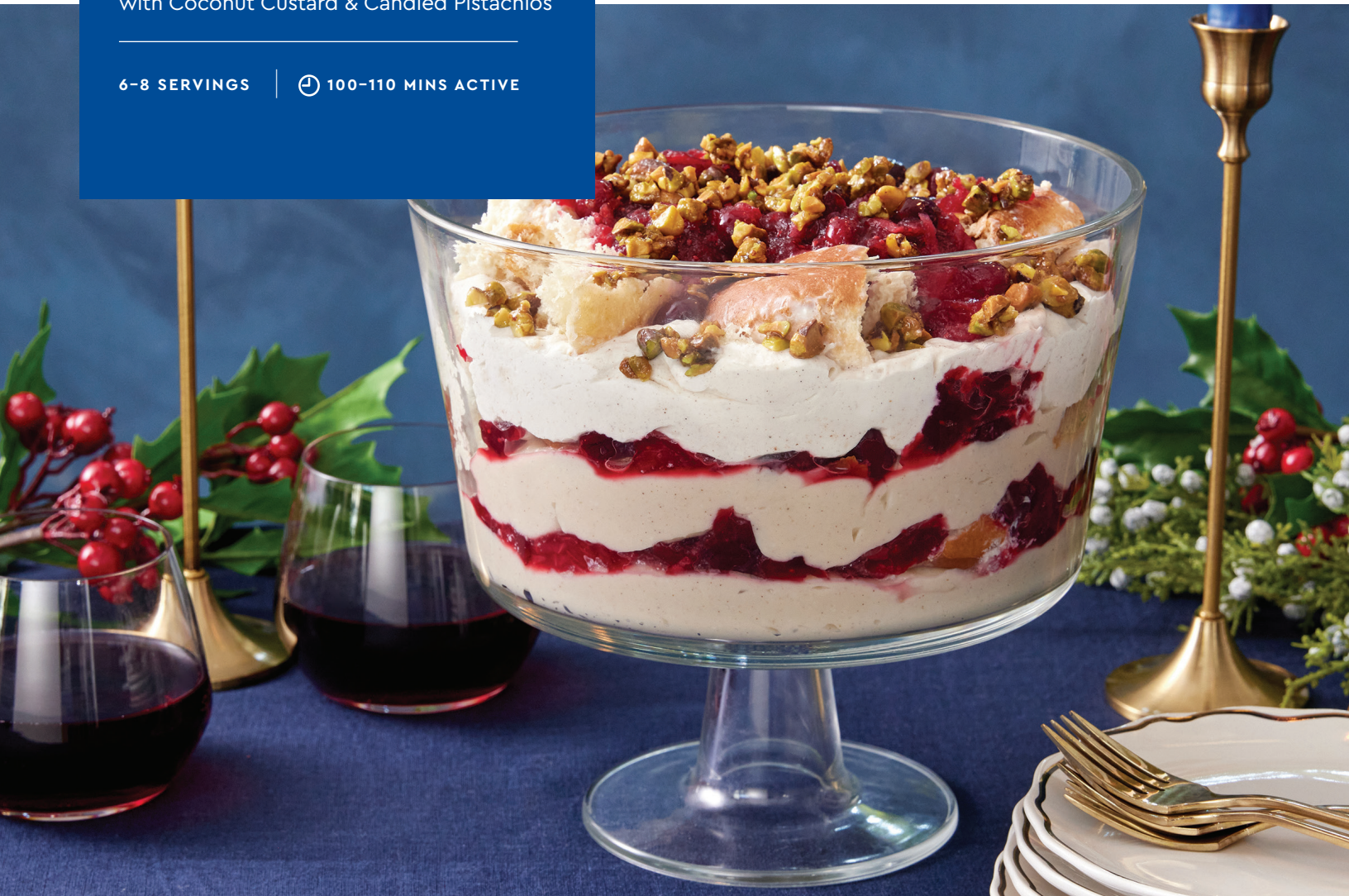


Apple-Cranberry Trifle

with Coconut Custard & Candied Pistachios


6-8 SERVINGS

🕒 100-110 MINS ACTIVE



Ingredients*


 1 Pasture-Raised Egg

 2 Challah Buns

 1 Apple

 ¾ lb Cranberries

 1 cup Cream

 1 13.5-oz can Light Coconut Milk


 ¼ cup Cornstarch

 2 tsps Honey

 2 Tbsps Maple Syrup

 ¼ cup Roasted Pistachios

 1 cup Powdered Sugar

 5 Tbsps Light Brown Sugar

 2 tsps Vanilla Powder

 1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice
*Ingredients may be replaced and quantities may vary.



Serve with Blue Apron wine that has this symbol based on its flavor profile. [Wine pairings available from blueapron.com/wine](https://blueapron.com/wine)

Apple-Cranberry Trifle

MAKE AHEAD RECIPE

1 Make the compote & prepare the buns

- Wash and dry the fresh produce.
- Grate the **apple** on the large side of a box grater, discarding the core.
- In a medium pot, combine the **cranberries, maple syrup, grated apple, brown sugar, a pinch of salt,** and $\frac{3}{4}$ **cup of water.** Heat to boiling on high.
- Once boiling, reduce the heat to medium-high. Cook, stirring occasionally and mashing the cranberries with the back of a spoon, 7 to 8 minutes, or until the cranberries are broken down and the mixture is thickened.
- Transfer to a bowl to cool slightly.
- Rinse and wipe out the pot.
- Cover the bowl of **compote** with plastic wrap and refrigerate about 1 hour, or until cool.
- Meanwhile, tear the **buns** into bite-sized pieces. Place in a bowl; add **half the cream** and set aside to soak.

2 Make the custard

- Meanwhile, in a large bowl, combine the **cornstarch, warming spices, powdered sugar, vanilla powder,** and **a pinch of salt.**
- Add the **egg;** beat until smooth.
- In the same pot used to make the compote, combine the **coconut milk** and **all but 2 tablespoons of the remaining cream.** Cook on high, without stirring, 3 to 4 minutes, or until just beginning to simmer.
- Slowly whisk the **heated coconut mixture** into the **beaten egg mixture** until combined.
- Return to the pot. Cook on medium, whisking constantly, 2 to 3 minutes, or until slightly thickened.
- Transfer to a separate bowl and immediately whisk in the **remaining cream;** allow to cool slightly.
- Cover with plastic wrap (making sure the plastic touches the custard to prevent a film from forming). Refrigerate about 1 hour, or until cool.

3 Assemble the trifle

- In a large trifle dish (or among 8 serving glasses), evenly layer $\frac{1}{3}$ **of the cooled custard,** then $\frac{1}{3}$ **of the soaked bun pieces,** then $\frac{1}{3}$ **of the compote.** Repeat two more times.
- Cover with foil or plastic wrap and refrigerate at least 8 hours, or up to a day in advance.

4 Make the candied pistachios & serve your dish

- When almost ready to serve, remove the **honey** from the refrigerator to bring to room temperature.
- Roughly chop the **pistachios.**
- In a small pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped pistachios.** Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted.
- Add the **honey** (kneading the packet before opening). Cook, stirring constantly, 1 to 2 minutes, or until coated.
- Transfer to a parchment paper-lined (or lightly greased) plate; spread into an even layer to prevent sticking. Immediately season with salt. Set aside to cool.
- Serve the **chilled trifle** garnished with the **candied pistachios.** Enjoy!

