

Blue Apron Add-ons

MENU FOR
November 07–13, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Spinach & Pepper Quesadillas

with Creamy Guajillo Sauce



2-4 SERVINGS | ⌚ 20-30 MIN



2 Flour Tortillas



3 oz Baby Spinach



1 oz Sliced Pickled Jalapeño Pepper



2 Scallions



1 Bell Pepper



1 Lime



4 oz Shredded Cheddar & Monterey Jack Cheese Blend



¼ cup Sour Cream



⅓ cup Guajillo Chile Pepper Sauce

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Cut off and discard the stem of the **bell pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Thinly slice the **scallions**.
- Quarter the **lime**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **sour cream** and **guajillo sauce**. Season with salt and pepper.

2 Make the filling

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **spinach, sliced bell pepper, and sliced scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted.

- Turn off the heat. Add the **juice of 2 lime wedges** and **as much of the chopped jalapeño pepper as you'd like**. Season with salt and pepper; stir to combine.

3 Cook the quesadillas & serve your dish

- Place the **tortillas** on a work surface. Top one half of each tortilla with the **cheese and filling**. Fold the tortillas in half over the filling.
- In the same pan, heat a drizzle of **olive oil** on **medium** until hot. Working in batches if necessary, add the **quesadillas**. 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 and immediately season with salt. Cut into thirds.
- Serve the **cooked quesadillas** topped with the **creamy guajillo sauce**. Serve the **remaining lime wedges** on the side, if you'd like. Enjoy!

Prosciutto & Mozzarella Wraps

with Artichokes, Spinach & Pesto Mayo



2 SERVINGS | ⌚ 10-20 MIN



3 oz Prosciutto



2 Flour Tortillas



1 oz Sliced Roasted Red Peppers



3 oz Baby Spinach



¼ cup Marinated Artichoke Hearts



4 oz Fresh Mozzarella Cheese



⅓ cup Basil Pesto



2 Tbsps Mayonnaise

1 Prepare the ingredients

- Remove the plastic lining between the slices of **prosciutto**.
- Thinly slice the **cheese**.
- Wash and dry the **spinach**; place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- In a separate bowl, combine the **pesto** and **mayonnaise**.

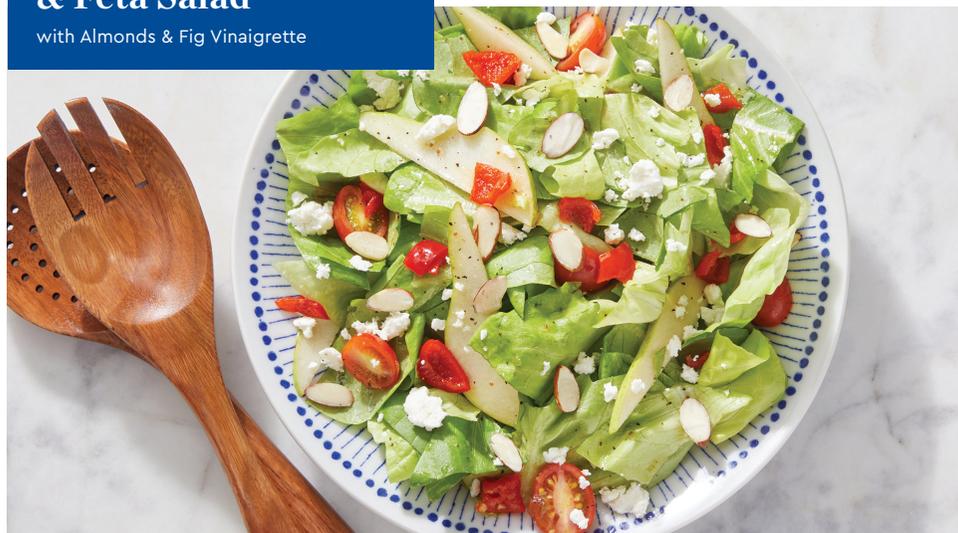
2 Assemble the wraps & serve your dish

- Wrap the **tortillas** in a damp paper towel and microwave on high 30 seconds to 1 minute, or until heated through.
- Place the **warmed tortillas** on a work surface. Divide **half the pesto mayo** between the tortillas; spread into an even layer.

- Evenly divide the **prosciutto** (tearing into bite-sized pieces before adding), **sliced cheese**, **artichokes**, **peppers**, and **seasoned spinach** among the center of the bottom half of each tortilla (the half that is closest to you).
- Fold the three adjacent sides over the filling, holding them in place so that the filling is covered. Roll away from you, tightly tucking in the sides as you roll into a wrap.
- Halve the **wraps** on an angle, seam side down.
- Serve the **halved wraps** with the remaining **pesto mayo** on the side. Enjoy!

Butter Lettuce, Pear & Feta Salad

with Almonds & Fig Vinaigrette



2-4 SERVINGS

🕒 5-15 MIN



1 head Butter Lettuce



4 oz Grape Tomatoes



½ oz Pickled Peppadew Peppers



1 Pear



1 ½ oz Feta Cheese



1 Tbsp Apple Cider Vinegar



1 Tbsp Fig Spread



2 Tbsps Sliced Roasted Almonds

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Quarter, core, and thinly slice the **pear**.
- Halve the **tomatoes**.
- Roughly chop the **peppers**.
- Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- In a large bowl, combine the **vinegar, fig spread**, and **1 tablespoon of olive oil**. Season with salt and pepper; whisk to combine.

2 Make the salad & serve your dish

- To the bowl of **vinaigrette**, add the **sliced pear, halved tomatoes, and chopped lettuce**; season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **chopped peppers, almonds, 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.



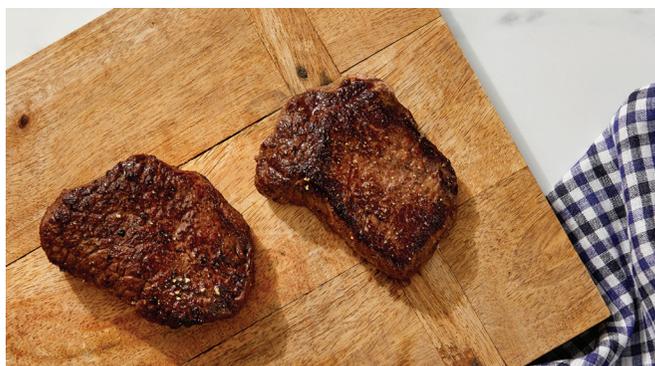
Poultry



10 or 20 oz Boneless Chicken Breast Pieces

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 chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.



Beef



2 or 4 Steaks

Internal Temperature: 125°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, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until cooked to your desired degree of doneness.* Transfer to a cutting board and let rest at least 5 minutes.



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.

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.

Cheesy Kimchi Breakfast Burritos

with Spinach & Spicy Mayo



2 SERVINGS

🕒 20-30 MIN



4 Pasture-Raised Eggs



2 Flour Tortillas



3 oz Baby Spinach



2 Scallions



2 oz Shredded Cheddar & Monterey Jack Cheese Blend



1/3 cup Kimchi



1 Tbsp Sambal Oelek



2 Tbsps Mayonnaise

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- Thinly slice the **scallions**.
- Roughly chop the **kimchi**.
- In a bowl, combine the **mayonnaise** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook the vegetables & eggs

- In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **spinach** and **chopped kimchi**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the spinach is wilted.
- Add the **beaten eggs**. Cook, stirring frequently, 2 to 3 minutes, or until cooked through.
- Turn off the heat; stir in the **cheese** until melted and combined.



3 Assemble the burritos

- Wrap the **tortillas** in a damp paper towel and microwave on high 1 minute, or until heated through.
- Place the **warmed tortillas** on a work surface. Evenly divide the **cooked vegetables and eggs** among the center of the bottom half of each tortilla (the half that is closest to you).
- Fold the three adjacent sides over the filling, holding them in place so that the filling is covered. Roll away from you, tightly tucking in the sides as you roll until the burrito is seam-side down.



4 Brown the burritos & serve your dish

- Rinse and wipe out the pan used to cook the eggs.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **burritos**, seam side down. Cook 2 to 3 minutes, or until browned. Flip and cook 1 to 2 minutes, or until browned and slightly crispy.
- Serve the **burritos** with the **spicy mayo** on the side. Enjoy!



Everything Bagel & Cheddar Scones

with Chive Sour Cream



6 SERVINGS | ⌚ 60-70 MIN: 15 MIN ACTIVE, 50 MIN INACTIVE



1 cup All-Purpose Flour



1 tsp Baking Powder



¾ cup Cream



2 oz Salted Butter



¾ cup Sour Cream



2 oz White Cheddar Cheese



1 bunch Chives



1 Tbsp Everything Bagel Seasoning¹

1. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt

1 Make the dough

- Place the **butter** in the freezer until hardened.
- Grate the **cheese** on the large side of a box grater.
- In a bowl, whisk together the **flour, grated cheese, half the everything bagel seasoning,** and **½ teaspoon of the baking powder** (you will have extra). Season with salt and pepper.
- In a separate bowl, whisk together **2 tablespoons of the cream** and **2 tablespoons of water**.
- Working quickly, using the large side of a box grater, grate the **frozen butter** and place in the bowl of **dry ingredients**. Toss to thoroughly combine.
- Add the **wet ingredients** to the bowl of **dry ingredients** and stir to thoroughly combine (if the dough seems too dry, gradually add 1 teaspoon of water at a time and gently mix until the dough comes together).



2 Form & chill the dough

- Transfer the **dough** to a large piece of plastic wrap. Form into a disk, about 6 inches in diameter. Tightly wrap the disk in the plastic wrap.
- Refrigerate until set, about 20 minutes.



3 Cut & bake the scones

- Meanwhile, place an oven rack in the center of the oven, then preheat to 350°F.
- Line a sheet pan with parchment paper.
- Cut the **chilled dough** into 6 equal-sized wedges.
- Transfer to the sheet pan, leaving about 2 inches between each scone. Evenly brush with the **remaining cream** and top with the **remaining everything bagel seasoning**; season with salt and pepper.
- Bake, rotating the sheet pan halfway through, 21 to 23 minutes, or until lightly browned and cooked through.
- Remove from the oven and let stand at least 10 minutes before serving.



4 Finish & serve your dish

- Meanwhile, wash, dry, and thinly slice the **chives**. Place in a bowl; add the **sour cream** and season with salt and pepper. Stir to combine.
- Serve the **baked scones** with the **chive sour cream**. Enjoy!



Pear & Oatmeal Crumb Cake

with Brown Sugar & Cinnamon



9 SERVINGS | ⌚ 90-100 MIN: 10 MIN ACTIVE, 86 MIN INACTIVE



2 Pasture-Raised Eggs



1 cup Biscuit Mix



2/3 cup All-Purpose Flour



1 cup Rolled Oats



2 Pears



4 oz Cultured, Salted Butter



1/4 cup Sour Cream



4 tsps Honey



1/4 cup Sugar



5 Tbsps Light Brown Sugar



1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Prepare the pears

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 350°F.
- Wash and dry the **pears**; small dice, discarding the cores.
- Line an 8-inch square cake pan with parchment paper (or lightly grease).



2 Make the crumble

- Melt **half the butter** in a medium bowl in the microwave (or melt in a small pot on the stove, then transfer to a medium bowl).
- Add the **brown sugar, warming spices, and ¾ cup of the oats** (you will have extra). Stir to thoroughly combine.



3 Make the batter

- Melt the **remaining butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl). Let cool slightly.
- In a separate bowl, combine the **biscuit mix, flour, and a pinch of salt**. Whisk to thoroughly combine.
- To the bowl of **melted butter**, add the **sour cream, eggs, honey** (kneading the packet before opening), **granulated sugar**, and **3 tablespoons of water**. Whisk until smooth.
- Add the **dry ingredients** to the **wet ingredients**. Stir until just combined (be careful not to overmix). Gently fold in the **diced pears**.
- Transfer to the prepared pan; spread into an even layer.



4 Assemble & bake the cake

- Evenly top the **batter** with the **crumble**.
- Bake 40 to 45 minutes, or until the cake is set and cooked through.
- Remove from the oven and let cool about 1 hour, or until room temperature (for quicker cooling, place in the refrigerator). 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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