

Blue Apron Add-ons

MENU FOR
November 14–20, 2022

COOK ALONG WITH 

“Alexa, find Blue Apron recipes.”

Marinated Tomato Flatbread

with Fontina



2 SERVINGS | ⌚ 15-25 MIN



2 Pocketless Pitas



4 oz Grape Tomatoes



1 clove Garlic



2 oz Fontina Cheese



1 Tbsp Red Wine Vinegar



¼ tsp Crushed Red Pepper Flakes



1 tsp Whole Dried Oregano

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash, dry, and halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **halved tomatoes**, **vinegar**, **1 tablespoon of olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Grate the **cheese** on the large side of a box grater.

2 Toast the pitas & serve your dish

- Place the **pitas** on a sheet pan; drizzle with **olive oil** and season with salt, pepper, the **oregano**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Turn to coat.
- Evenly top with the **grated cheese**.
- Toast in the oven 7 to 9 minutes, or until the cheese is melted and the pitas are lightly browned.
- Transfer to a cutting board. Evenly top the **toasted pitas** with the **marinated tomatoes** (including the liquid).
- Cut each **finished pita** into 4 equal-sized pieces. Enjoy!

Prosciutto & Mozzarella Sandwiches

with Arugula & Calabrian-Fig Mayo



8 SERVINGS | ⌚ 15-25 MIN

-  3 oz Prosciutto
-  1 piece Focaccia Bread
-  2 oz Arugula
-  1 oz Pickled Peppadew Peppers

-  4 oz Fresh Mozzarella Cheese
-  2 Tbsps Fig Spread
-  1 ½ tpsps Calabrian Chile Paste
-  ¼ cup Mayonnaise

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **arugula**.
- Halve the **bread** horizontally.
- Roughly chop the **peppers**.
- Thinly slice the **cheese**.
- In a bowl, combine the **fig spread**, **mayonnaise**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- Remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.

2 Toast the bread

- Place the **halved bread** on a sheet pan, cut side up. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 7 to 9 minutes, or until lightly browned.
- Transfer to a cutting board.

3 Assemble the sandwiches & serve your dish

- Assemble the sandwiches using the **toasted bread**, **Calabrian-fig mayo**, **chopped peppers**, **sliced cheese**, **arugula**, and **prosciutto pieces**.
- Cut into 8 equal-sized sandwiches. Enjoy!

Spinach & Arugula Salad

with Persimmon & Yuzu-Honey Vinaigrette



2-4 SERVINGS | ⌚ 10-20 MIN



3 oz Baby Spinach



2 oz Arugula



1 Persimmon



3 oz Radishes



4 oz Grape Tomatoes



2 Scallions



1 Tbsp Yuzu Kosho



1 Tbsp Rice Vinegar



2 tsps Honey



3 Tbsps Roasted Peanuts

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Core the **persimmon**; halve lengthwise, then thinly slice.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- Halve the **tomatoes**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, combine the **yuzu kosho**, **vinegar**, **honey** (kneading the packet before opening), **sliced white bottoms of the scallions**, and **1 tablespoon of olive oil**. Season with salt and pepper. Whisk to combine.
- Roughly chop the **peanuts**.

2 Make the salad & serve your dish

- To the bowl of **yuzu-honey vinaigrette**, add the **spinach**, **arugula**, **sliced persimmon**, **sliced radishes**, and **halved tomatoes**. Season with salt and pepper. Toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **salad** garnished with the **chopped peanuts** and **sliced green tops of the scallions**. 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



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.



Plant-Based



2 or 4 Black Bean &
Red Pepper Patties

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 patties. Cook 4 to 6 minutes per side, or until browned and heated 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.

Blueberry-Oat Muffins

with Cinnamon & Almonds



9 SERVINGS

🕒 35-45 MIN



3 oz Blueberries



1 Pasture-Raised Egg



½ cup Biscuit Mix



½ cup Rolled Oats



½ cup Cream



¼ cup Crème Fraîche



1 oz Salted Butter



⅔ cup All-Purpose Flour



1 tsp Baking Powder



¼ cup Sugar



1 oz Blueberry Bourbon Spread



2 Tbsps Maple Syrup



2 Tbsps Sliced Roasted Almonds



1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Mix the dry ingredients

- Place an oven rack in the center of the oven, then preheat to 375°F.
- In a bowl, combine the **flour, biscuit mix, warming spices, baking powder, oats, and a pinch of salt.** Whisk to combine.



2 Mix the wet ingredients

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



3 Make the batter

- Wash and dry the **blueberries.**
- 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 **blueberries** until just combined.



4 Bake the muffins & serve your dish

- Roughly chop the **almonds;** place in a bowl. Add the **remaining sugar** and stir to combine.
- Lightly grease 9 rounds of a cupcake tin (or line with cupcake liners). (If you don't have a cupcake tin, lightly grease a 9-by-5-inch loaf pan.)
- Transfer the **batter** to the prepared tins.
- Evenly top with the **blueberry bourbon spread;** using the tip of a butter knife, gently swirl.
- Evenly sprinkle with the **almond-sugar mixture.**
- Bake 18 to 22 minutes (muffin tin) or 31 to 35 minutes (loaf pan), or until the batter is cooked through and a toothpick inserted into the middle comes out clean.
- Remove from the oven. Let stand at least 5 minutes before serving. Enjoy!



Mediterranean Snack Platter

with Spicy Feta, Za'atar Honey &
Mixed Olives



4-6 SERVINGS

⌚ 15-25 MIN

- | | | | |
|---|----------------------------------|---|---------------------------------------|
|  | 2 Pocketless Pitas |  | 1 Lemon |
|  | 2 Persian Cucumbers |  | 3 oz Feta Cheese |
|  | 1 oz Sliced Roasted Red Peppers |  | ½ cup Tzatziki ¹ |
|  | ¼ cup Marinated Artichoke Hearts |  | 2 tsps Honey |
|  | 1 oz Pitted Niçoise Olives |  | 1 tsp Whole Dried Oregano |
|  | 1 oz Castelvetrano Olives |  | 1 Tbsp Za'atar Seasoning ² |
|  | 2 oz Pickled Peppadew Peppers |  | ¼ tsp Crushed Red Pepper Flakes |

1. cucumber-yogurt sauce 2. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano

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 375°F.
- Wash and dry the fresh produce.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **za'atar**, **honey** (kneading the packet before opening), and **3 tablespoons of olive oil**.
- In a separate bowl, combine the **cheese** (crumbling before adding), **the juice of 2 lemon wedges**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- In a separate bowl, combine the **Niçoise olives**, **Castelvetro olives**, **oregano**, **the juice of the remaining lemon wedges**, and **1 tablespoon of olive oil**.
- Roughly chop the **artichokes**.
- Roughly chop the **peppadew peppers**.
- In a bowl, combine the **chopped artichokes**, **chopped peppadew peppers**, and **roasted red peppers**.
- Quarter the **cucumbers** lengthwise.



2 Warm the pitas & serve your dish

- Wrap the **pitas** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through.
- Transfer the warmed pitas to a work surface and carefully unwrap. Tear or cut into equal-sized wedges.
- On a serving platter, arrange the **za'atar honey**, **spicy feta**, **mixed olives**, **mixed vegetables**, **quartered cucumbers**, **tzatziki**, and **warmed pitas** as desired. Enjoy!



Chocolate Turtle Truffles

with Caramel & Pecans



10-12 SERVINGS | ⌚ 110-120 MIN: 25 MIN ACTIVE, 90 MIN INACTIVE



6 oz Semi-Sweet Chocolate Chips



½ cup Roasted Pecans



¾ cup Caramel Shards



½ cup Cream

1 Make the ganache

- In a small pot, heat the **cream** on medium-high until simmering.
- Once simmering, cook 1 minute.
- Turn off the heat; add the **chocolate chips** and a **pinch of salt**.
- Let sit, without stirring, 1 minute, or until the chocolate begins to melt. Slowly whisk until thoroughly combined.
- Transfer to a bowl.



2 Finish & set the ganache

- Add the **caramel shards** to the bowl of **ganache**. Stir to thoroughly combine.
- Transfer to the freezer and freeze about 1 hour, or until set.



3 Toast the pecans

- Meanwhile, heat a small pan (nonstick, if you have one) on medium-high until hot.
- Add the **pecans**. Cook, stirring frequently, 4 to 5 minutes, or until toasted and fragrant.
- Transfer to a cutting board and immediately season with a **pinch of salt**. Allow to cool slightly.



4 Make the truffles & serve your dish

- Very finely chop the **toasted pecans**, then transfer to a bowl.
- Working quickly, scoop about **1 tablespoon of the set ganache** into your hands; using the inside palms of your hands, roll into a ball.
- Transfer to the bowl of **chopped pecans** and toss to evenly coat.
- Transfer to a plate (sprinkle with flaky sea salt if desired).
- Repeat with the **remaining ganache and pecans** to yield 10 to 12 truffles.
- Refrigerate at least 30 minutes, or until ready to serve. 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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