

Blue Apron Add-ons

MENU FOR
November 28– December 4, 2022

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

French Toast Sticks

with Maple Syrup



2-4 SERVINGS | ⌚ 15-25 MIN



2 Pasture-Raised Eggs



4 slices Sourdough Pullman Bread



¾ cup Cream



2 oz Salted Butter



2 Tbsps Maple Syrup



1 Lemon



2 tsps Vanilla Powder



½ cup Sugar



1 tsp Warming Spices¹

1 Prepare the ingredients

- Wash and dry the **lemon**. Using a zester or the small side of a box grater, finely grate the lemon to get 1 teaspoon (save the lemon for future use if desired).
- In a shallow baking dish, whisk together the **cream, eggs, vanilla powder**, and a **pinch of salt**.
- Working in batches if necessary, add the **bread** and let soak 2 to 3 minutes per side.
- In a large bowl, combine the **warming spices, lemon zest**, and **sugar**. Using your fingers, massage the mixture to release the oils.

2 Make the dipping syrup

- Meanwhile, melt **half the butter** in a small bowl in the microwave (or melt in a small pot on the stove, then transfer to a small bowl).
- Add the **maple syrup**; stir to combine.

3 Make the french toast sticks & serve your dish

- In a large pan (nonstick, if you have one), heat the **remaining butter** on medium-high until melted.
- Working in batches if necessary, add the **soaked bread** to the pan. Cook 3 to 4 minutes per side, or until golden brown and cooked through.
- Transfer to a cutting board. Cut lengthwise into 1-inch sticks, then transfer to the bowl of **spiced sugar**. Toss to coat.
- Serve the **french toast sticks** with the **syrup** on the side. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

Cheesy Garlic-Herb Toasts

with Sage & Calabrian Chile



2-4 SERVINGS | ⌚ 15-25 MIN



2 Small Baguettes



4 oz White Cheddar Cheese



1 bunch Sage



2 oz Garlic & Herb Spreadable Butter



1 ½ tps Calabrian Chile Paste

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.
- Wash and dry the **sage**. Pick the leaves off the stems; roughly chop the leaves.
- In a bowl, combine the **grated cheese**, **chopped sage**, **softened butter**, 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 baguettes & serve your dish

- Line a sheet pan with foil.
- Transfer the **halved baguettes** to the foil, cut side up.
- Evenly top with the **cheese-butter mixture**.
- Toast in the oven 7 to 9 minutes, or until the cheese is melted and the bread is lightly browned.
- Transfer to a cutting board. When cool enough to handle, cut the **toasted baguettes** into equal-sized pieces. Enjoy!

Kimchi Grilled Cheese

with Spicy Sesame-Honey Drizzle



2 SERVINGS | ⌚ 15-25 MIN



4 slices Sourdough Pullman Bread



4 oz Shredded Cheddar & Monterey Jack Cheese Blend



2 Scallions



2 tsps Gochujang



4 tsps Honey



1/3 cup Kimchi



1 tsp Black & White Sesame Seeds

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the **scallions**; thinly slice.
- Roughly chop the **kimchi**.
- In a bowl, combine the **honey** (kneading the packet before opening), **sesame seeds**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.

2 Make the grilled cheese & serve your dish

- Assemble the sandwiches using the **bread**, **chopped kimchi**, **sliced scallions**, and **cheese**; season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium until hot.

- Add the **sandwiches**; loosely cover the pan with foil and 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. Carefully halve on an angle.
- Serve the **grilled cheese** drizzled with the **spicy sesame honey**. 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.



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.



Beef



2 or 4 Steaks

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 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.

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.

Pancetta & Egg Breakfast Bowls

with Potatoes, Bell Pepper & Sour Cream



2 SERVINGS

🕒 25-35 MIN



3 oz Diced Pancetta



2 Pasture-Raised Eggs



¾ lb Potatoes



1 Bell Pepper



1 bunch Chives



2 oz Smoked Gouda Cheese



¼ cup Sour Cream



1 Tbsp Hot Sauce

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch pieces.
- Thinly slice the **chives**.



2 Roast the vegetables & pancetta

- Line a sheet pan with foil.
- Place the **diced potatoes** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 8 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **pepper pieces** and **pancetta** to the other side of the sheet pan.
- Return to the oven and roast 10 to 12 minutes, or until the vegetables are tender when pierced with a fork and the pancetta is cooked through.
- Remove from the oven.



3 Prepare the remaining ingredients

- Meanwhile, grate the **cheese** on the large side of a box grater.
- In a bowl, combine the **sour cream** and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.



4 Cook the eggs & serve your dish

- In a medium pan (nonstick, if you have one), 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.
- Top 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.
- Serve the **roasted vegetables and pancetta** topped with the **cooked eggs** and **spicy sour cream**. Garnish with the **sliced chives**. Enjoy!



Kale Caesar Salad

with Cheese Crisps



2-4 SERVINGS

⌚ 20-30 MIN



6 oz Kale



1 clove Garlic



1 Tbsp Capers



4 oz Grape Tomatoes



2 oz White Cheddar Cheese



2 oz Smoked Gouda Cheese



¼ cup Grated Parmesan Cheese



2 Tbsps Mayonnaise



1 Tbsp Sherry Vinegar

1 Prepare the ingredients

- Wash and dry the fresh produce.
 - Halve the **tomatoes**.
 - Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
 - Roughly chop the **capers**.
 - Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
 - In a large bowl, whisk together the **mayonnaise**, **chopped capers**, **vinegar**, **parmesan**, **2 tablespoons of olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper.
 - Add the **chopped kale**; using your hands, massage the kale until slightly softened. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
-



2 Make the cheese crisps

- Meanwhile, grate the **gouda** and **cheddar** on the large side of a box grater; place in a bowl and toss to combine.
 - Heat a medium pan (nonstick, if you have one) on medium-high until hot.
 - Add the **grated cheese mixture** in an even layer. Cook, without stirring, 6 to 8 minutes, or until melted, lightly browned, and crispy at the edges.
 - Transfer to a plate; let cool about 1 minute, then break up into bite-sized pieces.
-



3 Make the salad & serve your dish

- To the bowl of **marinated kale**, add the **halved tomatoes**, **half the cheese crisps**, and a drizzle of **olive oil**; season with salt and pepper. Toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **remaining cheese crisps**. Enjoy!



Citrus Mango Bars

with Coconut Flakes &
Almond Shortbread



9 SERVINGS

🕒 135-145 MIN: 40 MIN ACTIVE, 102 MIN INACTIVE



1 Pasture-Raised Egg



2 Mango Cheeks



1 Lemon



1 Lime



4 oz Cultured, Salted Butter



1 oz Salted Butter



1 oz Unsweetened Coconut Flakes



¼ cup Sugar



½ cup Almond Flour



1 cup All-Purpose Flour



1 cup Powdered Sugar



2 Tbsps Orange Marmalade

1 Prepare the ingredients

- Grate the stick of **cultured butter** on the large side of a box grater. Transfer to a bowl; freeze until ready to use.
- Small dice the **remaining butter**.
- Wash and dry the fresh produce.
- Medium dice the **mangos**.
- Using a zester or the small side of a box grater, zest the **lime** and **lemon** to get 1 tablespoon each. Halve the lemon and lime crosswise; squeeze the juice into a small pot.



2 Make the compote

- Preheat the oven to 350°F.
- To the pot of **citrus juice**, add the **diced mango**, **lemon and lime zest**, **orange marmalade**, **¾ cup of water**, a **pinch of salt**, and **¾ cup of the powdered sugar**; stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to **medium**. Cook, stirring occasionally and mashing the mango with the back of a spoon, 12 to 14 minutes, or until the mango is mostly broken down and the mixture is thickened.
- Transfer to a bowl. Using a fork or potato masher, mash any remaining mango chunks until smooth. Whisk in the **diced butter** until melted and combined.
- Refrigerate about 10 minutes, or until room temperature.



3 Make the dough

- Crack the **egg** into a bowl; beat until smooth.
- In a separate, large bowl, combine the **all-purpose flour**, **granulated sugar**, **almond flour**, and a **pinch of salt**. Add the **frozen butter**; gently toss to combine. Add the **beaten egg**; using your hands, knead the dough until it comes together.



4 Assemble, bake & serve the bars

- Line an 8-inch square baking dish with parchment paper (or lightly grease). Transfer the **dough** to the dish; press into an even layer, ensuring the entire bottom is covered. Evenly top with the **compote**.
- Bake 20 minutes. Leaving the oven on, remove from the oven. Carefully top with the **coconut flakes**.
- Return to the oven and bake 8 to 12 minutes, or until the coconut is toasted, the compote is set, and the dough is cooked through.
- Remove from the oven and let stand about 1 hour, or until cooled.
- Cut into equal-sized pieces. If desired, use a small sieve to sprinkle with **1 tablespoon of the remaining powdered sugar** (you will have extra). Enjoy!





FIND YOUR NUTRITION INFORMATION

For recipes: 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 these recipes outside of blueapron.com:** visit the retailer's product page. **For proteins or plant-based ingredients:** visit cook.blueapron.com/addons-info

Food safety handling information for all recipes: blog.blueapron.com/foodsafety.

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



112822, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12