

Blue Apron Add-ons

MENU FOR
January 2–8, 2023

COOK ALONG WITH 

"Alexa, find Blue Apron recipes."

Kimchi Rice Bowls

with Fried Eggs & Avocado



2 SERVINGS | ⌚ 15-25 MIN



2 Pasture-Raised Eggs



½ cup Sushi Rice



1 Avocado



3 Tbsps East Asian-Style
Sautéed Aromatics



½ cup Crispy Onions



⅓ cup Kimchi



1 Tbsp Sesame Oil



1 tsp Furikake



1 tsp Black & White Sesame Seeds

1 Cook & finish the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **¾ cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.
- Add the **sautéed aromatics**; stir to combine.

2 Prepare the ingredients

- Meanwhile, halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice.
- Roughly chop the **crispy onions**.
- In a bowl, combine the **chopped crispy onions**, **furikake**, and **sesame seeds**.

3 Fry the eggs & serve your dish

- In a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **finished rice** topped with the **kimchi**, **sliced avocado**, and **fried eggs**. Garnish with the **crispy onion furikake**. Enjoy!

Lemon Orzo Soup

with Basil Pesto & Parmesan



2 SERVINGS | ⌚ 15-25 MIN



4 oz Orzo Pasta



3 oz Baby Spinach



1 Lemon



¼ cup Grated Parmesan Cheese



⅓ cup Mirepoix



⅓ cup Basil Pesto



1 cup Chicken Bone Broth



¼ tsp Crushed Red Pepper Flakes

1 Cook the pasta

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **pasta** and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{3}{4}$ **cup of the pasta cooking water**, drain thoroughly.
- Rinse and wipe out the pot.

2 Make the soup & serve your dish

- Wash and dry the fresh produce.
- Halve the **lemon**; squeeze the juice into a bowl, straining out the seeds.
- In the same pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mirepoix** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.

- Add the **broth** (carefully, as the liquid may splatter), **lemon juice**, and **reserved pasta cooking water**. Simmer 2 to 3 minutes, or until heated through.
- Add the **spinach** and **cooked pasta**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until the spinach is wilted.
- Serve the **soup** topped with the **cheese** and **as much of the pesto as you'd like**. Enjoy!

Orange & Feta Salad

with Arugula & Fig Vinaigrette



2-4 SERVINGS

⌚ 10-20 MIN



4 oz Arugula



2 Persian Cucumbers



1 Shallot



½ oz Pickled Peppadew Peppers



1 Cara Cara Orange



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.
- Peel the **orange**; halve lengthwise, then thinly slice crosswise.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Roughly chop the **peppers**.
- Peel and small dice the **shallot**.
- In a large bowl, combine the **diced shallot, 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 orange** and **sliced cucumbers**; toss to combine.
- Add the **arugula** and season with salt and pepper; toss to coat.
- 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 oz 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.



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.



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.

Apple Dutch Baby

with Fig-Maple Syrup



4-6 SERVINGS

⌚ 25-35 MIN



4 Pasture-Raised Eggs



2 Apples



1 cup All-Purpose Flour



2 oz Salted Butter



½ cup Cream



2 Tbsps Mascarpone Cheese



2 tsps Vanilla Powder



¼ cup Sugar



2 Tbsps Maple Syrup



1 Tbsp Fig Spread



1 Tbsp Light Brown Sugar



2 Tbsps Sliced Roasted Almonds



1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Prepare & bake the apples

- Place an oven rack in the center of the oven, then preheat to 425°F.
- Lightly grease a small baking dish.
- Wash, dry, and thinly slice the **apples**.
- Small dice the **butter**.
- Add the **sliced apples**, **diced butter**, and **brown sugar** to the baking dish; stir to combine and arrange in an even layer.
- Bake 10 to 12 minutes, or until slightly softened.
- Leaving the oven on, remove from the oven.



2 Make the batter & bake the Dutch baby

- Meanwhile, crack the **eggs** into a large bowl; whisk 2 to 3 minutes, or until slightly frothy.
- Add the **cream** and **¼ cup of water**.
- Add the **flour**, **warming spices**, **vanilla powder**, **granulated sugar**, and **a pinch of salt**. Whisk to thoroughly combine.
- Carefully pour the **batter** into the baking dish of **partially baked apples**.
- Return to the oven and bake 10 to 12 minutes, or until puffed and the sides are golden brown.
- Remove from the oven.



3 Finish & serve your dish

- Just before serving, in a bowl, combine the **maple syrup**, **fig spread**, and **1 tablespoon of water**. Microwave 30 seconds to 1 minute, or until warmed.
- Serve the **baked Dutch baby** drizzled with the **fig-maple syrup**. Top with the **mascarpone** and **almonds**. Enjoy!



Cheesy Red Pepper Calzones

with Basil Pesto



2-4 SERVINGS

⌚ 25-35 MIN



16 oz Pizza Dough



1 oz Sliced Roasted Red Peppers



4 oz Fresh Mozzarella Cheese



2 oz Fontina Cheese



1/3 cup Basil Pesto



1 1/2 tsps Calabrian Chile Paste

1 Prepare the ingredients & make the filling

- Remove the **dough** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 475°F.
- Grate the **fontina** on the large side of a box grater.
- Roughly chop the **peppers**.
- In a bowl, combine the **grated fontina**, **mozzarella** (tearing into small pieces before adding), **chopped peppers**, a drizzle of **olive oil**, 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; stir to combine.



2 Assemble the calzones

- Line a sheet pan with foil. Lightly oil the foil.
- Divide the **dough** into 2 equal-sized portions. Using your hands, gently stretch the dough into 1/4-inch-thick rounds (if the dough is resistant, let rest 5 minutes).
- Carefully transfer to the oiled sheet pan.
- Evenly divide the **filling** among one half of each round, leaving a 2-inch border between the filling and the edges of the dough. Fold each round in half over the filling. Using a fork, crimp the edges of the dough to seal.
- Cut 4 evenly spaced slits on an angle across the top. Drizzle or brush the tops with **olive oil**.



3 Bake the calzones & serve your dish

- Bake the **calzones**, rotating the sheet pan halfway through, 14 to 18 minutes, or until golden brown (some filling may ooze out).
- Remove from the oven and let stand at least 2 minutes.
- Carefully transfer to a cutting board and cut crosswise into equal-sized pieces.
- Serve the **baked calzones** with the **pesto** on the side. Enjoy!



Carrot Cake Whoopie Pies

with Cream Cheese Frosting



6 SERVINGS



95-105 MIN: 20 MIN ACTIVE, 80 MIN INACTIVE



1 Pasture-Raised Egg



6 oz Carrots



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



3 Tbsps Golden Raisins



4 oz Cultured, Salted Butter



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



5 Tbsps Light Brown Sugar



1 cup Rolled Oats



1 cup All-Purpose Flour



1 tsp Baking Powder



1 tsp Warming Spices¹

1. Cinnamon, Ginger, Cardamom & Allspice

1 Prepare the carrots & make the dough

- Wash, dry, and peel the **carrots**. Using the large side of a box grater, grate the carrots to get $\frac{2}{3}$ cup (you may have extra).
- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove; transfer to a large bowl).
- Add the **granulated sugar**, **brown sugar**, and **egg**; whisk to combine.
- In a separate bowl, combine the **flour**, **baking powder**, **warming spices**, and **oats**.
- Transfer the **dry ingredients** to the bowl of **wet ingredients**. Stir until no white streaks remain.
- Add the **grated carrots** and **raisins**; stir to incorporate.
- Cover the bowl with plastic wrap and refrigerate about 1 hour, or until firm.



2 Form & bake the cookies

- Place an oven rack in the center of the oven, then preheat to 350°F.
- Line a sheet pan with parchment paper.
- Scoop **about 1 tablespoon chilled dough** into your hands; roll into a ball. Repeat the process to yield 12 total, ensuring the dough balls are uniform in size.
- Transfer to a sheet pan, spacing them out evenly. Gently flatten each ball to about a $\frac{1}{2}$ -inch thickness.
- Bake 15 to 20 minutes, or until the dough is set and cooked through.
- Remove from the oven and let cool completely.



3 Make the whoopie pies & serve your dish

- Match pairs of similarly-sized cookies by stacking them back to back.
- Cut a small corner off of the bag of **frosting**.
- Working directly from the bag, pipe the frosting among the flat sides of **half the cooled cookies**; spread in an even layer. Top with the **remaining cooled cookies**, flat side down. 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, sesame, and wheat.
Blue Apron, LLC, New York, NY 10005



010223, ADD01, ADD02, ADD03, ADD04, ADD05, ADD06, ADD07, ADD08, ADD09, ADD10, ADD11, ADD12