

Blue Apron

Add-ons

January 23–29, 2023

ON THE MENU THIS WEEK:

1. Sourdough French Toast
2. Garlic Knots
3. Arugula, Pear & Farro Salad
4. Baked Eggs & Grits
5. Garlic Bread Grilled Cheese & Tomato Soup
6. Tiramisu Bread Pudding
7. Protein Add-ons

1

Sourdough French Toast

with Cherry-Maple Syrup & Almonds

2–4 SERVINGS

🕒 15–25 MIN



-  1 Pasture-Raised Egg
-  4 slices Sourdough Pullman Bread
-  1 ½ Tbsps Dried Tart Cherries
-  ½ cup Cream
-  1 oz Salted Butter
-  2 Tbsps Crème Fraîche
-  2 Tbsps Sour Cherry Spread
-  2 Tbsps Maple Syrup
-  2 Tbsps Sliced Roasted Almonds
-  1 tsp Warming Spices¹

1 Prepare the batter & soak the bread

- In a shallow baking dish, whisk together the **cream**, **egg**, **warming spices**, and a **pinch of salt**.
- Working in batches if necessary, add the **bread** and let soak 2 to 3 minutes per side.

2 Make the cherry-maple syrup

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

3 Make the French toast & 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 plate.
- Serve the **French toast** topped with the **cherry-maple syrup**, **crème fraîche**, **dried cherries**, and **almonds**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

Garlic Knots

with Parsley & Parmesan



2-4 SERVINGS | 15-25 MIN



1 Make the garlic knots

- Remove the **dough** from the refrigerator to bring to room temperature.
- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Lightly oil a sheet pan.
- Cut the **dough** into 8 equal-sized pieces.
- On a work surface, using your hands, gently roll each piece into a 6-inch log (if the dough is resistant, let rest 5 minutes). Carefully tie each log into a large knot.
- Transfer to the oiled sheet pan. Arrange in an even layer.
- Bake 13 to 15 minutes, or until lightly browned and cooked through.
- Transfer to a large bowl; add the **softened butter**. Season with salt and pepper; toss to coat.

2 Finish & serve your dish

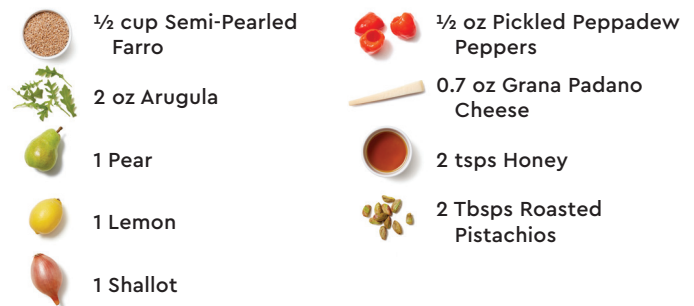
- Meanwhile, wash and dry the **parsley**; roughly chop the leaves and stems.
- Serve the **garlic knots** topped with the **chopped parsley** and **cheese**. Enjoy!

Arugula, Pear & Farro Salad

with Pistachios & Lemon Vinaigrette



2-4 SERVINGS | 20-30 MIN



1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 **farro**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly.

2 Make the salad & serve your dish

- Meanwhile, wash and dry the fresh produce.
- Quarter, core, and thinly slice the **pear**.
- Peel and finely chop the **shallot**.
- Roughly chop the **peppers** and **pistachios**.
- Halve the **lemon** crosswise; squeeze the juice into a large bowl, straining out the seeds. Add the **chopped shallot** and **honey** (kneading the packet before opening); season with salt and pepper. Whisk to combine. Slowly whisk in **1 tablespoon of olive oil** until combined. Taste, then season with salt and pepper if desired.
- Add the **cooked farro**, **sliced pear**, and **arugula**; season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **chopped peppers** and **pistachios** and **cheese** (crumbling before adding). Enjoy!

Baked Eggs & Grits

with Pancetta, Smoked Gouda & Avocado

4 SERVINGS

🕒 30-40 MIN



3 oz Diced Pancetta



4 Pasture-Raised Eggs



1 ¾ cups Polenta



1 Avocado



2 Scallions



⅓ cup Crispy Onions



¼ cup Grated Parmesan Cheese



4 oz Smoked Gouda Cheese



1 Tbsp Hot Sauce

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 400°F.
- Fill a medium pot with **4 cups of water**; add a **big pinch of salt**. Cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Grate the **gouda** on the large side of a box grater.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice.

2 Bake the pancetta

- Add the **pancetta** in an even layer to a 9-inch by 13-inch ceramic or metal baking dish.
- Bake 7 to 9 minutes, or until slightly crispy and cooked through. Leaving the oven on, remove from the oven.

3 Make the grits

- Meanwhile, add the **polenta** to the pot of boiling water; whisk to thoroughly combine. Reduce the heat to **medium**. Cook, whisking constantly to prevent lumps from forming, 3 to 5 minutes, or until the polenta is thickened.
- Turn off the heat. Season with salt and pepper. Stir in the **parmesan**, **sliced white bottoms of the scallions**, and **half the grated gouda** until melted and combined. Taste, then season with salt and pepper if desired.

4 Bake the eggs & serve your dish

- Add the **grits** to the baking dish of **baked pancetta** (carefully, as the oil may splatter); gently stir to combine and spread into an even layer.
- Using the back of a spoon, create 4 shallow wells in the grits for the eggs. Carefully crack an **egg** into each well; season with salt and pepper. Evenly top with the **remaining grated gouda**.
- Bake 10 to 12 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness.
- Remove from the oven and let stand at least 2 minutes.
- Serve the **baked eggs and grits** topped with the **sliced avocado**, **crispy onions**, **sliced green tops of the scallions**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!



Garlic Bread Grilled Cheese & Tomato Soup

with Pancetta

2-4 SERVINGS

🕒 20-30 MIN



-  3 oz Diced Pancetta
-  4 slices Sourdough Pullman Bread
-  1 14.5-oz can Crushed Tomatoes
-  1/3 cup Mirepoix
-  1 oz Garlic & Herb Spreadable Butter
-  2 oz Smoked Gouda Cheese
-  2 oz White Cheddar Cheese
-  1/4 cup Grated Parmesan Cheese
-  1/4 cup Cream
-  2 1/2 Tbsps Vegetable Demi-Glace
-  1/4 tsp Crushed Red Pepper Flakes

1 Start the soup

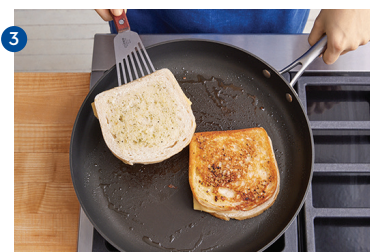
- Remove the **spreadable butter** from the refrigerator to soften.
- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until slightly crispy and cooked through.
- Carefully drain off and discard any excess oil.
- Add the **mirepoix** (carefully, as the liquid may splatter) 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, 2 to 3 minutes, or until combined.

2 Finish the soup

- Carefully add the **tomatoes**, **demi-glace**, and **1 cup of water**; season with salt and pepper. Reduce the heat to **medium** and cook, stirring occasionally, 5 to 7 minutes, or until combined and slightly thickened.
- Add the **cream**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.

3 Make the grilled cheese & serve your dish

- Meanwhile, thinly slice the **smoked gouda** and **cheddar**.
- Assemble the sandwiches using the **bread** and **sliced cheeses**. Carefully spread the **softened butter** onto the outsides of each sandwich.
- In a large 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. 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; immediately season with salt. Carefully halve on an angle.
- Serve the **grilled cheese** with the **finished soup**. Garnish the soup with the **parmesan**. Enjoy!



Tiramisu Bread Pudding

with Chocolate Chips & Mascarpone

6-8 SERVINGS

⌚ 30-40 MIN: 10 MIN ACTIVE,
26 MIN INACTIVE



-  1 Pasture-Raised Egg
-  2 Challah Buns
-  ½ cup Espresso Pastry Cream
-  2 oz Semi-Sweet Chocolate Chips
-  1 cup Powdered Sugar
-  ¼ cup Mascarpone Cheese
-  ½ cup Cream
-  ¼ cup Dutch Processed Cocoa Powder¹

1 Prepare the buns & make the filling

- Place an oven rack in the center of the oven; preheat to 350°F.
- Tear the **buns** into bite-sized pieces.
- Crack the **egg** into a large bowl. Add the **pastry cream**, ¼ cup of the **cream**, half the **mascarpone**, and ½ cup of the **sugar**. Whisk to thoroughly combine.
- Add the **bun pieces** and **chocolate chips** and gently stir to combine. Set aside to saturate, about 2 minutes.



2 Bake the bread pudding

- Lightly grease an 8-inch square baking dish.
- Transfer the **filling** to the baking dish; spread into an even layer.
- Bake 20 to 24 minutes, or until the buns are toasted and the filling is set and cooked through.
- Remove from the oven; let stand at least 2 minutes before serving. (If making ahead of time, let cool completely, then cover with foil. When ready to serve, keep covered with foil and reheat in a 350°F oven for 15 to 20 minutes, or until heated through.)



3 Finish & serve your dish

- While the bread pudding stands, in a bowl, combine the **remaining mascarpone**, **3 tablespoons of the remaining cream** (you will have extra), and **1 tablespoon of the remaining sugar** (you will have extra). Whisk to thoroughly combine and slightly thicken.
- Use a small sieve to sprinkle **1 teaspoon of the cocoa powder** (you will have extra) on top of the **bread pudding**.
- Serve the **finished bread pudding** dolloped with the **mascarpone cream**. 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.



CATEGORY	PRODUCT	COOKING <small>Stovetop, medium-high heat unless otherwise noted</small>	Internal Temp.
POULTRY	1 10 oz Boneless Chicken Breast Pieces	3 to 4 minutes, without stirring, then 3 to 4 minutes, stirring occasionally	cook through
	2 2 Boneless, Skinless Chicken Breasts	6 to 7 minutes per side	165°F
	3 10 oz Chicken Breast Strips	2 to 3 minutes, without stirring, then 2 to 3 minutes, stirring occasionally	cook through
BEEF	4 12 oz USDA Prime Ground Beef	½-inch-thick patties; 4 to 5 minutes per side	160°F
PORK	5 10 oz Pork Chorizo	7 to 9 minutes, breaking apart with a spoon	cook through
	6 8 oz No Added Hormones Cooked Pork Belly	cut into ½-inch pieces; 4 to 6 minutes on the first side, then flip and cook 3 to 5 minutes	140°F
SEAFOOD	7 2 Skin-On Salmon Fillets	skin side down 5 to 7 minutes, then flip and cook 1 to 2 minutes	145°F
	8 10 oz Tail-On Shrimp (peeled & deveined)	4 to 5 minutes, stirring occasionally	cook through until opaque
	9 10 oz Sustainably Sourced Sea Scallops	3 to 4 minutes on the first side, then flip and cook 30 seconds to 1 minute	
PLANT-BASED	10 2 Black Bean & Red Pepper Patties	4 to 6 minutes per side	165°F

Photos depict proteins as cooked.

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

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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, sesame, and wheat.

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