

Blue Apron

Add-ons

January 9–15, 2023

ON THE MENU THIS WEEK:

1. Pineapple & Coconut Oatmeal
2. Cheesy Garlic Bread
3. Roasted Vegetable & Arugula Salad
4. Creamy Spinach & Egg Sandwiches
5. Creamy Potato Chowder
6. Almond Thumbprint Cookies
7. Protein Add-ons

1

Pineapple & Coconut Oatmeal

with Pecans & Maple Syrup

2 SERVINGS

🕒 15-20 MIN



4 oz Pineapple Spears



1 cup Rolled Oats



1 oz Salted Butter



1 13.5-oz can Light Coconut Milk



2 Tbsps Maple Syrup



1 Tbsp Light Brown Sugar



1 oz Unsweetened Coconut Flakes



1 ½ Tbsps Golden Raisins



¼ cup Roasted Pecans



1 tsp Warming Spices¹

1 Make the oatmeal

- In a small pot, combine the **oats**, **maple syrup**, **raisins**, and **coconut milk**. Heat to boiling on high.
- Once boiling, reduce the heat to low and simmer 9 to 11 minutes, or until thickened and cooked to your desired consistency.

2 Toast the coconut & pecans

- Meanwhile, in a small pan (nonstick, if you have one), heat the **pecans** and **coconut flakes** on medium-high until hot. Cook, stirring frequently, 2 to 3 minutes, or until toasted.
- Transfer to a bowl.
- Wipe out the pan.

3 Make the pineapple compote & serve your dish

- Small dice the **pineapple**.
- In the same pan, heat the **butter** on medium until melted.
- Add the **diced pineapple** and **warming spices**. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **sugar** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until thickened. Turn off the heat.
- Serve the **oatmeal** topped with the **pineapple compote** and **toasted coconut and pecans**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

2

Cheesy Garlic Bread

with Calabrian Chile & Chives



2-4 SERVINGS | ⌚ 20-30 MIN



1 Small Baguette



2 cloves Garlic



1 bunch Chives



2 oz White Cheddar Cheese



1 ½ tsps Calabrian Chile Paste

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the **chives**, then thinly slice.
- Halve the **baguette** lengthwise.
- Grate the **cheese** on the large side of a box grater.
- Peel and finely chop **2 cloves of garlic**.
- In a bowl, combine the **grated cheese**, **chopped garlic**, 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 & bake the cheesy bread

- Line a sheet pan with foil.
- Transfer the **halved baguette** to the foil, cut side up. Evenly top with the **cheese mixture** and drizzle with **olive oil**.
- Bake 9 to 11 minutes, or until the cheese is melted and the bread is lightly toasted.
- Transfer to a cutting board.

3 Finish & serve your dish

- When cool enough to handle, halve the **cheesy bread** on an angle.
- Serve the **finished bread** garnished with the **sliced chives**. Enjoy!

3

Roasted Vegetable & Arugula Salad

with Caper-Honey Vinaigrette



2-4 SERVINGS | ⌚ 20-30 MIN



2 oz Arugula



½ lb Broccoli Florets



½ lb Diced Butternut Squash



1 Tbsp Capers



¼ cup Grated Parmesan Cheese



1 Tbsp Sherry Vinegar



2 tsps Honey



2 Tbsps Sliced Roasted Almonds

1 Make the dressing

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Roughly chop the **capers**.
- In a large bowl, whisk together the **vinegar** and **honey** (kneading the packet before opening). Add the **chopped capers** and stir to combine.

2 Roast & dress the vegetables

- Line a sheet pan with foil.
- Place the **broccoli florets** and **squash** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to the bowl of **caper-honey vinaigrette**. Toss to combine.

3 Make the salad & serve your dish

- To the bowl of **dressed vegetables**, add the **arugula** and a drizzle of **olive oil**; season with salt and pepper. Toss to combine.
- Serve the **salad** garnished with the **almonds** and **cheese**. Enjoy!

Creamy Spinach & Egg Sandwiches

with Parmesan Cheese

2 SERVINGS


🕒 15-25 MIN




 2 Pasture-Raised Eggs

 2 Challah Buns

 2 cloves Garlic

 3 oz Baby Spinach

 2 Tbsps Mascarpone Cheese

 ¼ cup Grated Parmesan Cheese

 ⅓ cup Crispy Onions

 1 Tbsp Hot Sauce

1 Prepare the ingredients

- Wash and dry the **spinach**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **buns**.

2 Make the creamy spinach

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until wilted.
- Transfer to a bowl. Add the **mascarpone, parmesan, and as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine. Cover with foil to keep warm.
- Wipe out the pan.

3 Fry the eggs

- In the same pan, 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. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Carefully transfer to a work surface.

4 Toast the buns & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.
- Assemble the sandwiches using the **toasted buns, creamy spinach, fried eggs, and crispy onions**. Enjoy!



Creamy Potato Chowder


with Pancetta & Jalapeño

2 SERVINGS

🕒 25-35 MIN




 3 oz Diced Pancetta

 ¾ lb Potatoes

 1 Jalapeño Pepper

 2 Scallions

 ⅓ cup Mirepoix

 ¼ cup Cream

 ¼ cup Buttermilk

 1 cup Chicken Bone Broth

 ¼ cup Cornstarch

1 Prepare the ingredients & make the cornstarch slurry

- Fill a medium pot ¾ of the way up with salted water; heat to boiling on high.
- Wash and dry the fresh produce.
- Small dice the **potatoes**.
- Thinly slice the **scallions**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then small dice. Thoroughly wash your hands immediately after handling.
- In a bowl, combine **1 tablespoon of the cornstarch** (you will have extra) and **¼ cup of water**.



2 Cook the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Using a fork or potato masher, lightly mash the potatoes, keeping some mostly intact.



3 Cook the pancetta

- Meanwhile, in a separate 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 lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pot, transfer to a paper towel-lined plate.



4 Make the chowder & serve your dish

- To the pot of reserved fond, add the **sliced scallions, mirepoix, and as much of the diced pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **broth** (carefully, as the liquid may splatter) and **cornstarch slurry** (stirring to recombine before adding). Bring to a boil and simmer 2 to 3 minutes, or until slightly thickened.
- Add the **buttermilk and cream**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until combined and thickened.
- Divide the **cooked potatoes** between two serving bowls. Ladle the **finished broth** over the potatoes.
- Serve the **chowder** garnished with the **cooked pancetta**. Enjoy!



Almond Thumbprint Cookies

with Peanut Butter & Sour Cherry Spread

10 SERVINGS

🕒 95-105 MIN: 23 MINS ACTIVE,
75 MIN INACTIVE



-  1 Pasture-Raised Egg
-  ½ cup Almond Flour
-  1 cup All-Purpose Flour
-  2 oz Salted Butter
-  2 tsps Vanilla Powder
-  1 tsp Baking Powder
-  ¼ cup Sugar
-  5 Tbsps Light Brown Sugar
-  2 Tbsps Sour Cherry Spread
-  2 Tbsps Smooth Peanut Butter Spread

1 Make the dough

- Place the **butter** in a large bowl. Working in 30 second increments, microwave on high until melted (or melt in a small pot on the stove, then transfer to a large bowl).
- Add the **granulated sugar** and **brown sugar**; whisk to combine.
- Add the **egg** and whisk to thoroughly combine.
- In a separate bowl, whisk together the **almond flour**, **all-purpose flour**, **vanilla powder**, and **baking powder**.
- Transfer the **dry ingredients** to the bowl of **wet ingredients**; using a spatula, gently mix just until incorporated.



2 Form & freeze the cookies

- Line a plate with parchment paper. Scoop 1 **heaping tablespoon of dough** into your hands; roll into a ball (if the dough is too sticky, wet your hands with water to prevent it from sticking), then place on the plate.
- Repeat with the **remaining dough** to ensure the cookies are the same size.
- Using your thumb, press into the center of each dough ball to create a deep well.
- Freeze at least 45 minutes, or until very firm.



3 Bake the cookies

- Place an oven rack in the center of the oven, then preheat to 375°F.
- Line a sheet pan with parchment paper.
- Transfer the **chilled cookies** to the sheet pan, spacing them out evenly.
- Bake 12 to 15 minutes, or until the dough is set and cooked through.
- Transfer the pan to a cooling rack; let stand about 20 minutes, or until completely cool. (If the wells have risen too much during baking, using the bottom rounded side of a spoon, press into the center of the cookie to form a deep well.)



4 Fill the cookies & serve your dish

- In a bowl, combine the **sour cherry spread** and ½ **teaspoon of water**.
- Carefully spoon the **peanut butter spread** onto one side of each well of the **baked cookies**. Repeat with the **sour cherry mixture** on the empty side. 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
BEEF	③ 12 oz USDA Prime Ground Beef	½-inch-thick patties; 4 to 5 minutes per side	160°F
PORK	④ 10 oz Pork Chorizo	7 to 9 minutes, breaking apart with a spoon	cook through
	⑤ 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	⑥ 2 Skin-On Salmon Fillets	skin side down 5 to 7 minutes, then flip and cook 1 to 2 minutes	145°F
	⑦ 10 oz Tail-On Shrimp (peeled & deveined)	4 to 5 minutes, stirring occasionally	cook through until opaque
	⑧ 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	⑨ 2 Black Bean & Red Pepper Patties	4 to 6 minutes per side	165°F
	⑩ 8 oz Plant-Based Beyond Chicken® Breaded Tenders	450°F bake 7 to 9 minutes, flipping halfway through	145°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.

Blue Apron, LLC, New York, NY 10005

