

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

#### 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



1/4 cup Roasted Pecans



1 tsp Warming Spices1

#### 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 to asted.
- 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 <u>medium</u> 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!

with Caper-Honey Vinaigrette

**Roasted Vegetable &** 









1 Small Baguette









2 oz White Cheddar Cheese



1/2 tsps Calabrian Chile



- $\bullet$  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!



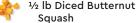
#### 2-4 SERVINGS







1/2 lb Broccoli Florets





1 Tbsp Capers



1/4 cup Grated Parmesan Cheese



1 Tbsp Sherry Vinegar



2 tsps Honey



2 Tbsps Sliced Roasted Almonds

#### 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

#### 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
- 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





2 Pasture-Raised Eggs



2 Challah Buns



2 cloves Garlic



3 oz Baby Spinach



2 Tbsps Mascarpone Cheese



1/4 cup Grated Parmesan Cheese



1/3 cup Crispy Onions



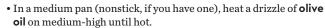
1 Tbsp Hot Sauce

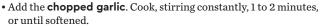


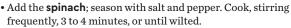
#### 1 Prepare the ingredients

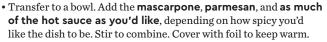
- Wash and dry the spinach.
- Peel and roughly chop 2 cloves of garlic.
- Halve the buns.

#### 2 Make the creamy spinach









• 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

(1) 25-35 MIN



3 oz Diced Pancetta



3/4 lb Potatoes



1 Jalapeño Pepper



2 Scallions



¹⁄₃ cup Mirepoix



½ cup Cream



1/4 cup Buttermilk



1 cup Chicken Bone Broth



1/4 cup Cornstarch



### 1 Prepare the ingredients & make the cornstarch slurry

- Fill a medium pot 3/4 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 1/4 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.

#### 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
- 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



1/2 cup Almond Flour



1 cup All-Purpose Flour



2 oz Salted Butter



2 tsps Vanilla Powder



1 tsp Baking Powder



1/4 cup Sugar



5 Tbsps Light Brown Sugar



2 Tbsps Sour Cherry Spread



2 Tbsps Smooth Peanut Butter Spread



- 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!









#### **GETTING STARTED**

Remember to always pat your proteins dry and season with salt and pepper.



CATEGORY	PRODUCT	COOKING Stovetop, medium-high heat unless otherwise noted	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 $1/2$ -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
	3 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	2 Black Bean & Red Pepper Patties	4 to 6 minutes per side	165°F
	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.

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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



