

Blue Apron

Add-ons

January 16–22, 2023

ON THE MENU THIS WEEK:

1. Cheesy Egg & Bell Pepper Tacos
2. White Cheddar & Scallion Biscuits
3. Blood Orange Salad
4. Homemade Granola Bowls
5. Chickpea Curry Soup
6. Pineapple Cupcakes
7. Protein Add-ons

1

Cheesy Egg & Bell Pepper Tacos

with Chipotle Sour Cream

2–4 SERVINGS

🕒 15–25 MIN



 4 Pasture-Raised Eggs

 4 Flour Tortillas

 2 oz Monterey Jack Cheese

 1 Bell Pepper

 2 Scallions

 2 tsps Chipotle Chile Paste

 ¼ cup Sour Cream

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Grate the **cheese** on the large side of a box grater.
- Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- In a separate bowl, combine the **sour cream** and **as much of the chile paste as you'd like**; season with salt and pepper.

2 Warm the tortillas

- Wrap the **tortillas** in a damp paper towel; microwave on high 1 minute, or until heated through.
- Transfer to a work surface and carefully unwrap.

3 Cook the pepper & eggs

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **beaten eggs**. Cook, stirring frequently, 2 to 3 minutes, or until cooked through.
- Turn off the heat; stir in the **grated cheese** until melted.

4 Assemble the tacos & serve your dish







- Assemble the tacos using the **warmed tortillas**, **cooked pepper and eggs**, **chipotle sour cream**, and **sliced green tops of the scallions**. Enjoy!

White Cheddar & Scallion Biscuits

with Honey Butter



2-4 SERVINGS | ⌚ 20-30 MIN

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|---|---------------------------|--|-------------------|
|  | 2 oz White Cheddar Cheese |  | 1 cup Biscuit Mix |
|  | ¼ cup Sour Cream |  | 2 Scallions |
|  | 1 oz Salted Butter |  | 2 tsps Honey |

1 Prepare the ingredients

- Remove the **butter** from the refrigerator to soften.
- 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, dry, and thinly slice the **scallions**.
- Grate the **cheese** on the large side of a box grater.

2 Bake the biscuits

- In a large bowl, combine the **biscuit mix**, **sour cream**, **sliced scallions**, **half the grated cheese**, and **¼ cup of water**. Gently stir until just combined (be careful not to overmix).
- Lightly oil a sheet pan.
- Scoop the **biscuit dough** into 4 equal-sized dollops; place on the oiled sheet pan.
- Evenly top each biscuit with the **remaining grated cheese**.
- Bake 14 to 16 minutes, or until the biscuits are set and cooked through.
- Remove from the oven.

3 Make the honey butter & serve your dish






- Meanwhile, in a bowl, combine the **softened butter** and **honey** (kneading the packet before opening). Using a fork, mash until smooth. Season with salt and pepper.
- Serve the **baked biscuits** topped with the **honey butter**. Enjoy!

Blood Orange Salad

with Pepitas & Cilantro-Lemon Dressing



2-4 SERVINGS | ⌚ 10-20 MIN

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|---|---------------------|---|------------------------------|
|  | 1 Blood Orange |  | 3 oz Baby Spinach |
|  | 3 oz Radishes |  | 2 Tbsps Grated Cotija Cheese |
|  | 2 Tbsps Raw Pepitas |  | ¼ cup Cilantro Sauce |
|  | 1 Lemon |  | 2 tsps Honey |
|  | 2 oz Arugula | | |

1 Prepare the ingredients & make the dressing

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Thinly slice the **radishes** into rounds.
- Peel the **orange**; halve lengthwise, then thinly slice crosswise.
- Halve the **lemon** crosswise; remove the seeds.
- In a large bowl, combine the **cilantro sauce**, **honey** (kneading the packet before opening), and the **juice of 1 lemon half** (you will have extra).

2 Toast the pepitas

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast). Turn off the heat.

3 Make the salad & serve your dish

- To the bowl of **dressing**, add the **spinach**, **arugula**, **sliced radishes**, and **sliced orange**; season with salt and pepper. Toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **toasted pepitas** and **cheese**. Enjoy!

Homemade Granola Bowls

with Greek Yogurt & Blood Orange

2 SERVINGS

🕒 10-15 MIN



1 Blood Orange



½ cup Rolled Oats



1 oz Unsweetened Coconut Flakes



1 cup Plain Nonfat Greek Yogurt



1 oz Salted Butter



1 Tbsp Light Brown Sugar



1 Tbsp Sour Cherry Spread



2 tsps Honey



2 Tbsps Sliced Roasted Almonds



1 tsp Warming Spices¹

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Peel and medium dice the **orange**.
- In a bowl, combine the **sour cherry spread** and **1 tablespoon of water**.

2 Start the granola

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **oats, coconut flakes, almonds, and half the warming spices** (you will have extra). Cook, stirring occasionally, 5 to 6 minutes, or until golden brown.

3 Finish the granola & serve your dish

- To the pan of **granola**, add the **butter, sugar, honey** (kneading the packet before opening), and **a pinch of salt**. Cook on medium, stirring frequently, 3 to 4 minutes, or until combined and the butter is melted and browned (it should smell nutty and toasted).
- Turn off the heat.
- Serve the **yogurt** topped with the **finished granola, sour cherry sauce, and diced orange**. Enjoy!



1. Cinnamon, Ginger, Cardamom & Allspice

Chickpea Curry Soup

with Mint & Naan

2 SERVINGS

🕒 10-20 MIN



-  1 15.5-oz can Chickpeas
-  2 pieces Naan Bread
-  1 Tbsp Soy Sauce
-  1 Lime
-  1 bunch Mint
-  3 oz Baby Spinach
-  3 Tbsps East Asian-Style Sautéed Aromatics
-  1 13.5-oz can Light Coconut Milk
-  2 ½ Tbsps Vegetable Demi-Glaze
-  2 tsps Vadouvan Curry Powder

1 Prepare the ingredients

- If you prefer to use an oven to warm the naan instead of a microwave, preheat the oven to 375°F.
- Wash and dry the fresh produce.
- Halve the **lime** crosswise.
- Pick the **mint** leaves off the stems.

2 Make the soup

- In a medium pot, combine the **sautéed aromatics**, **curry powder**, **chickpeas** (including the liquid), and a drizzle of **olive oil**; season with salt and pepper. Using a fork or potato masher, lightly mash the chickpeas. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until combined.
- Add the **spinach**, **coconut milk** (carefully, as the liquid may splatter), **demi-glaze**, and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until thickened to your desired consistency.
- Turn off the heat. Stir in the **soy sauce** and the **juice of both lime halves**. Taste, then season with salt and pepper with desired.

3 Warm the naan & serve your dish

- Meanwhile, if using a microwave, wrap the **naan** in a damp paper towel; microwave on high 1 minute, or until heated through and pliable.
- If using the oven, wrap the **naan** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through and pliable.
- Transfer the warmed naan to a work surface and carefully unwrap.
- Serve the **soup** garnished with the **mint leaves** (tearing just before adding). Serve the **warmed naan** on the side. Enjoy!



Pineapple Cupcakes

with Cream Cheese Frosting & Toasted Coconut

8 SERVINGS

🕒 70-80 MIN: 15 MIN ACTIVE,
60 MIN INACTIVE



-  1 Pasture-Raised Egg
-  ¾ cup Cream Cheese Frosting
-  4 oz Pineapple Spears
-  1 Lime
-  ½ cup Biscuit Mix
-  1 cup All-Purpose Flour
-  1 tsp Baking Powder
-  ½ cup Sugar
-  2 oz Unsweetened Coconut Flakes
-  ¼ cup Sour Cream
-  2 oz Salted Butter

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 375°F.
- Wash and dry the **lime**. Using a zester or the small side of a box grater, finely grate the lime to get 2 teaspoons (save the lime for future use if desired).
- Small dice the **pineapple**.

2 Make the batter

- In a bowl, combine the **flour, biscuit mix, baking powder**, and a **pinch of salt**. Whisk to combine.
- Working in 30 second increments, melt the **butter** in a large bowl in the microwave (or melt in a small pan on the stove, then transfer to a large bowl).
- Add the **sour cream, egg, lime zest**, and **sugar**; whisk to thoroughly combine.
- Add the **dry ingredients** to the bowl of **wet ingredients**; using a spatula, gently mix until no white streaks remain. Gently fold in the **diced pineapple** and **half the coconut flakes** until thoroughly combined.

3 Bake the cupcakes

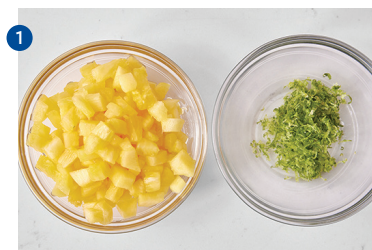
- Lightly grease 8 rounds of a cupcake tin (or line with cupcake liners).
- Transfer the **batter** to the prepared rounds.
- Bake 16 to 20 minutes, or until the batter is cooked through and a toothpick inserted into the middle comes out clean.
- Remove from the oven and let cool completely.

4 Toast the coconut

- Meanwhile, heat a small pan (nonstick, if you have one) on medium until hot.
- Add the **remaining coconut flakes**. Cook, stirring frequently, 4 to 6 minutes, or until golden brown.
- Transfer to a bowl and let cool completely.

5 Finish the cupcakes & serve your dish

- Cut off a small slit of one corner on the bag of the **frosting**. Pipe the frosting onto the **cooled cupcakes** (spread into an even layer if necessary).
- Serve the **finished cupcakes** garnished with **as much of the toasted coconut** as you'd like. 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

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.

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