



Add-ons

January 30–February 5, 2023

ON THE MENU THIS WEEK:

1. Fried Egg Breakfast Bowls
2. Parmesan & Thyme Biscuits
3. Prosciutto Focaccia Sandwiches
4. Roasted Vegetable & Avocado Salad
5. Broccoli, Cheddar & Gouda Soup
6. Biscuit Apple Cobbler
7. Protein Add-ons

1

Fried Egg Breakfast Bowls

with Roasted Potatoes, Feta & Avocado

2 SERVINGS

🕒 20-30 MIN



-  2 Pasture-Raised Eggs
-  ¾ lb Potatoes
-  1 Bell Pepper
-  1 Avocado
-  1 ½ oz Feta Cheese
-  1 Tbsp Hot Sauce
-  1 Tbsp Everything Bagel Seasoning¹

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch pieces. Place in a bowl and drizzle with **olive oil**; season with salt and pepper.

2 Roast the vegetables

- Place the **diced potatoes** on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **everything bagel seasoning**. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven. Carefully add the **seasoned pepper pieces** to the other side of the sheet pan.
- Return to the oven and roast 8 to 10 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3 Prepare the avocado

- Meanwhile, halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice. Season with salt and pepper.

4 Fry the eggs & serve your dish

- Once the vegetables have roasted about 15 minutes, in a medium pan (nonstick, if you have one), 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.
- Serve the **roasted vegetables** topped with the **seasoned avocado** and **fried eggs**. Garnish with the **cheese** (crumbling before adding) and drizzle with the **hot sauce**. Enjoy!

1. Poppy Seeds, White Sesame Seeds, Black Sesame Seeds, Dried Minced Garlic, Dried Minced Onion & Coarse Salt

2

Parmesan & Thyme Biscuits

with Truffle Butter



2-4 SERVINGS | ⌚ 20-30 MIN



1 Prepare & bake the biscuits

- Remove the **butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the **thyme**; pick the leaves off the stems. Roughly chop the leaves.
- In a bowl, combine the **biscuit mix, chopped thyme leaves, sour cream, half the cheese,** and **1/4 cup of water**. Gently stir until just combined (be careful not to overmix).
- Lightly oil the center of a sheet pan.
- Scoop 4 equal-sized dollops of the **biscuit dough** onto the oiled portion of the sheet pan.
- Bake 14 to 16 minutes, or until the biscuits are set and cooked through.
- Remove from the oven and let stand at least 2 minutes before serving.

2 Make the truffle butter & serve your dish

- Meanwhile, in a bowl, combine the **softened butter, remaining cheese,** and **as much of the truffle zest as you'd like**. Using a fork, mash until thoroughly combined.
- Serve the **baked biscuits** with the **truffle butter**. Enjoy!

1. includes natural truffle flavor and black summer truffle

3

Prosciutto Focaccia Sandwiches

with Mozzarella & Pesto Mayo



8 SERVINGS | ⌚ 15-25 MIN



1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Halve the **bread** horizontally.
- Thinly slice the **cheese**.
- In a bowl, combine the **pesto** and **mayonnaise**.

2 Toast the bread

- Place the **halved bread** on a sheet pan, cut side up.
- Evenly top one half with the **pesto mayo** and **sliced cheese**. Drizzle the other half with **olive oil** and season with salt and pepper.
- Toast in the oven 7 to 9 minutes, or until the bread is lightly browned and the cheese is melted.
- Transfer to a cutting board.

3 Finish & serve your dish

- Meanwhile, remove the plastic lining between the slices of **prosciutto**; tear into bite-sized pieces.
- Roughly chop the **peppers**.
- Assemble the sandwiches using the **toasted bread, chopped peppers,** and **prosciutto pieces**. Cut into 8 equal-sized sandwiches. Enjoy!

Roasted Vegetable & Avocado Salad

with Pepitas &
Brown Butter Vinaigrette

2-4 SERVINGS

🕒 20-30 MIN



-  1 Red Onion
-  ½ lb Sweet Potato
-  1 Avocado
-  1 oz Balsamic-Marinated Cipolline Onions
-  ½ oz Sweet Drop Peppers
-  3 oz Baby Spinach
-  1 oz Salted Butter
-  1 Tbsp Dijon Mustard
-  1 Tbsp Apple Cider Vinegar
-  2 tsp Honey
-  2 Tbsps Raw Pepitas

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **sweet potato** lengthwise, then cut crosswise into ¼-inch pieces.
- Halve and peel the **red onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Roughly chop the **cipolline onions**.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice.

2 Roast the vegetables

- Line a sheet pan with foil. Place the **sweet potato pieces** and **red onion wedges** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3 Toast the pepitas

- Meanwhile, 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).
- Transfer to a bowl and immediately season with salt.
- Wipe out the pan.

4 Make the vinaigrette & serve your dish

- In the same pan, heat the **butter** on **medium** until melted. Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Transfer to a large bowl. Carefully whisk in the **mustard**, **honey** (kneading the packet before opening), and **vinegar**. Taste, then season with salt and pepper if desired.
- Add the **roasted vegetables**, **spinach**, **peppers**, and **chopped cipolline onions** to the bowl of **vinaigrette**. Toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **sliced avocado** and **toasted pepitas**. Enjoy!



Broccoli, Cheddar & Smoked Gouda Soup

with Garlic Toast

2 SERVINGS

🕒 20-30 MIN



-  1 Small Baguette
-  ½ lb Broccoli
-  1 clove Garlic
-  ⅓ cup Mirepoix
-  ¼ cup Cream
-  2 oz Salted Butter
-  2 oz Smoked Gouda Cheese
-  2 oz White Cheddar Cheese
-  1 cup Chicken Bone Broth
-  2 Tbsps All-Purpose Flour

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Halve the **baguette** horizontally, then halve crosswise on an angle.
- Peel 1 **clove of garlic**.
- Wash and dry the **broccoli**; cut off and discard the bottom ½ inch of the stem, then cut the broccoli into small florets.
- Grate **both cheeses** on the large side of a box grater.

2 Make the garlic toast

- Place the **halved baguette** on a sheet pan, cut sides up. Drizzle with **olive oil**.
- Toast in the oven 4 to 5 minutes, or until lightly browned around the edges.
- Transfer to a work surface. Immediately rub the cut sides of the bread with the **peeled garlic clove**; discard the clove.

3 Start the soup

- Meanwhile, in a medium pot, combine the **butter** and **mirepoix**. Cook on **medium**, stirring frequently, 30 seconds to 1 minute, or until combined and the butter is melted.
- Add the **flour**. Cook, whisking frequently, 30 seconds to 1 minute, or until combined (the mixture will thicken into a paste).
- Working in batches, slowly add the **broth**, whisking constantly to incorporate. Cook, whisking constantly, 1 to 2 minutes, or until smooth and no lumps remain.

4 Finish the soup & serve your dish

- Add the **broccoli florets**, **cream**, and ¼ cup of **water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to low. Simmer 5 to 6 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **grated cheeses** until melted and thoroughly combined.
- Serve the **finished soup** with the **garlic toast** on the side. Enjoy!



Biscuit Apple Cobbler

with Almond Flour & Mascarpone

4 SERVINGS

⌚ 40-50 MIN: 16 MIN ACTIVE,
30 MIN INACTIVE



-  ½ cup Biscuit Mix
-  3 Apples
-  1 oz Salted Butter
-  ¼ cup Mascarpone Cheese
-  ½ cup Almond Flour
-  ¼ cup Sugar
-  1 Tbsp Light Brown Sugar
-  ¼ cup Cornstarch
-  2 tsps Honey
-  1 tsp Warming Spices¹

1 Prepare the apples & make the filling

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 375°F.
- Wash and dry the **apples**; quarter, core, and thinly slice.
- In a large pan (nonstick, if you have one), heat the **butter** on medium until melted.
- Add the **sliced apples** and **brown sugar**. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **warming spices** and **1 tablespoon of the cornstarch** (you will have extra). Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined and the liquid is slightly thickened.
- Turn off the heat.



2 Make the biscuit topping

- In a bowl, combine the **biscuit mix**, **almond flour**, **granulated sugar**, and **¼ cup of water**. Stir to thoroughly combine.



3 Assemble the cobbler

- Transfer the **filling** to an 8-inch square baking dish.
- Evenly dollop with the **biscuit topping**.



4 Bake the cobbler & serve your dish

- Bake the **cobbler** 20 to 25 minutes, or until the topping is golden brown and cooked through.
- Remove from the oven and let stand at least 5 minutes before serving.
- Meanwhile, in a bowl, combine the **mascarpone** and **honey** (kneading the packet before opening). Whisk to thoroughly combine.
- Serve the **baked cobbler** topped with the **honey mascarpone**. 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.

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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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