

Blue Apron

Add-ons

February 6–12, 2023

ON THE MENU THIS WEEK:

1. Fried Egg & Prosciutto Sandwiches
2. Arugula & Tomato Salad
3. Cheesy Loaded Potatoes
4. French Bread Pizzas
5. Spinach-Artichoke Dip Bread Bowls
6. Snickerdoodle Bars
7. Protein Add-ons

1

Fried Egg & Prosciutto Sandwiches

with Smoked Gouda & Calabrian Mayo

2 SERVINGS

 10-20 MIN



-  3 oz Prosciutto
-  2 Pasture-Raised Eggs
-  2 Potato Buns
-  2 oz Smoked Gouda Cheese
-  1 ½ tsps Calabrian Chile Paste
-  2 Tbsps Mayonnaise

1 Prepare the ingredients

- Halve the **buns**.
- Grate the **cheese** on the large side of a box grater.
- Remove the plastic lining between the slices of **prosciutto**; tear into small pieces.
- In a bowl, combine the **mayonnaise** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.

2 Toast the buns

- In a medium pan (nonstick, if you have one), 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.

3 Cook the eggs & serve your dish

- 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. Evenly top the eggs with the **grated cheese**. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- Assemble the **sandwiches** using the **toasted buns**, **Calabrian mayo**, **prosciutto pieces**, and **cooked eggs**. Enjoy!

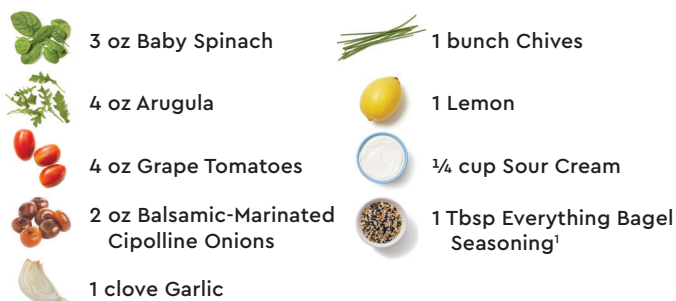
2

Arugula & Tomato Salad

with Chive Dressing & Everything Bagel Seasoning



2-4 SERVINGS | ⌚ 10-20 MIN



1 Prepare the ingredients & make the dressing

- Wash and dry the fresh produce.
- Halve the **tomatoes**.
- Roughly chop the **onions**.
- Thinly slice the **chives**.
- Quarter and deseed the **lemon**.
- Peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a large bowl, combine the **sour cream**, **sliced chives**, the **juice of 2 lemon wedges**, 1 **tablespoon of olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper. Whisk to combine.

2 Make the salad & serve your dish

- To the bowl of **dressing**, add the **spinach**, **arugula**, **halved tomatoes**, and **chopped onions**. Toss to combine.
- Serve the **salad** garnished with the **everything bagel seasoning**. Serve the **remaining lemon wedges** on the side, if you'd like. Enjoy!

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

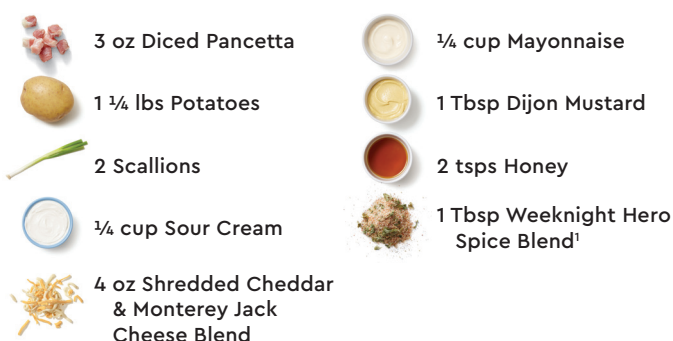
3

Cheesy Loaded Potatoes

with Pancetta & Honey Mustard



4-6 SERVINGS | ⌚ 30-40 MIN



1 Prepare the potatoes

- 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.
- Slice the **potatoes** into 1/2-inch-thick rounds.

2 Roast the potatoes & pancetta

- Line a sheet pan with foil. Place the **potato rounds** on the foil. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**. Toss to coat and arrange in an even layer.
- Roast 12 minutes. Leaving the oven on, remove from the oven. Evenly top with the **pancetta**.
- Return to the oven and roast 10 to 12 minutes, or until the potatoes are tender when pierced with a fork and the pancetta is cooked through. Leaving the oven on, remove from the oven.

3 Prepare the remaining ingredients

- Meanwhile, in a bowl, combine the **mayonnaise**, **mustard**, and **honey** (kneading before opening). Season with salt and pepper.
- Thinly slice the **scallions**.

4 Finish the potatoes & serve your dish

- Evenly top the **roasted potatoes and pancetta** with the **cheese**. Bake 2 to 3 minutes, or until the cheese is melted. Remove from the oven; let stand at least 2 minutes before serving.
- Serve the **finished potatoes** garnished with the **sliced scallions** and **sour cream**. Serve the **honey mustard** on the side. Enjoy!

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

French Bread Pizzas

with Hot Honey & Soppressata

4-6 SERVINGS

🕒 20-30 MIN



-  3 oz Soppressata
-  2 Sandwich Rolls
-  1 clove Garlic
-  4 oz Fresh Mozzarella Cheese
-  2 oz Shredded Cheddar & Monterey Jack Cheese Blend
-  1 8-oz can Tomato Sauce
-  4 tsps Honey
-  ¼ tsp Crushed Red Pepper Flakes
-  1 tsp Whole Dried Oregano

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, then preheat to 450°F.
- Halve the **rolls**.
- Halve the **soppressata**.
- Peel 1 **clove of garlic**; using a zester or small side of a box grater, finely grate into a paste.
- In a bowl, combine the **tomato sauce**, **oregano**, and **garlic paste**. Season with salt and pepper.

2 Toast the rolls

- Line a sheet pan with foil. Place the **halved rolls** on the sheet pan, cut side up. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 4 to 5 minutes, or until lightly browned around the edges.
- Leaving the oven on, remove from the oven.

3 Assemble & bake the pizzas

- Evenly top the **toasted rolls** with the **seasoned sauce**, **mozzarella** (tearing into bite-sized pieces before adding), **shredded cheddar and monterey jack**, and **halved soppressata**.
- Bake 12 to 14 minutes, or until the rolls are crispy and the cheese is melted.
- Remove from the oven. Let stand at least 2 minutes before serving.

4 Make the hot honey & serve your dish

- Meanwhile, in a bowl, combine the **honey** (kneading the packet before opening) and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Serve the **baked pizzas** drizzled with the **hot honey**. Enjoy!



Spinach-Artichoke Dip Bread Bowls

with Parmesan & Mozzarella

4-6 SERVINGS

🕒 20-30 MIN



4 Challah Buns



3 oz Baby Spinach



½ cup Marinated Artichoke Hearts



6 oz Carrots



1 Bell Pepper



2 Tbsps Mascarpone Cheese



1 oz Garlic & Herb Spreadable Butter



4 oz Fresh Mozzarella Cheese



¼ cup Grated Parmesan Cheese



¼ cup Sour Cream



¼ tsp Crushed Red Pepper Flakes

1 Prepare the ingredients

- Remove the **spreadable butter** from the refrigerator to soften. Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce.
- Roughly chop the **artichokes**.
- Tear the **mozzarella** into small pieces.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut lengthwise into 1-inch strips.

2 Make the bread bowls

- Cut out a circle, 2-inches wide in diameter, from the top of each **bun**, keeping the rest of the bun intact. Using your hands, gently scoop out the insides to create a bread bowl.
- Cut the top bread rounds lengthwise into 1-inch strips.
- Line a sheet pan with foil. Place the **bread bowls** on one side of the foil.
- Place the **bread strips** on the other side of the foil; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.

3 Make the dip

- In a medium pot, heat the **softened butter** on medium-high until melted.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until wilted and combined.
- Add the **chopped artichokes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until combined.
- Add the **mozzarella pieces** and **mascarpone**; reduce the heat to low. Cook, stirring frequently, 1 to 2 minutes, or until melted and combined.
- Turn off the heat; stir in the **sour cream** until combined. Taste, then season with salt and pepper if desired.

4 Finish the bread bowls & serve your dish

- Evenly divide the **dip** among the **bread bowls**, then sprinkle each with the **parmesan**.
- Bake 3 to 5 minutes, or until lightly browned. If desired, turn your oven to the broil function; broil 1 to 3 minutes, or until the top is golden brown (watching carefully so it doesn't burn).
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **finished bread bowls** with the **toasted bread strips**, **carrot sticks**, and **pepper strips** on the side. Enjoy!



Snickerdoodle Bars

with Cream Cheese Frosting

6-8 SERVINGS

⌚ 80-90 MIN: 12 MIN ACTIVE,
75 MIN INACTIVE



-  1 Pasture-Raised Egg
-  1 cup All-Purpose Flour
-  ¼ cup Cream
-  2 oz Salted Butter
-  ¾ cup Cream Cheese Frosting
-  ¼ cup Sugar
-  5 Tbsps Light Brown Sugar
-  1 tsp Baking Powder
-  2 tps Warming Spices¹

1 Make the batter

- Place an oven rack in the center of the oven, then preheat to 350°F.
- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove; transfer to a large bowl). Add the **brown sugar, cream, egg, and all but 1 tablespoon of the granulated sugar**; whisk to combine.
- In a separate bowl, combine the **flour, baking powder, and half the warming spices**.
- Transfer the **dry ingredients** to the bowl of **wet ingredients**. Stir until no white streaks remain.

2 Assemble the bars

- Lightly grease a loaf pan.
- Transfer **half the batter** to the pan and spread into an even, roughly ¼-inch layer.
- Evenly top with the **cream cheese frosting**.
- Scoop the **remaining batter** on top of the frosting, then spread in an even layer, ensuring almost all of the frosting is covered.

3 Bake & serve the bars

- In a bowl, combine the **remaining warming spices and remaining granulated sugar**.
- Evenly top the **batter** with the **spiced sugar mixture**.
- Bake 28 to 32 minutes, or until set and cooked through.
- Remove from the oven and let cool completely.
- Once cooled, remove from the pan and slice into equal-sized bars. 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

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

