

# Blue Apron Add-ons

March 6–12, 2023

## ON THE MENU THIS WEEK:

1. Cold Sesame-Peanut Noodles
2. Pearl Couscous & Romesco Soup
3. Truffle & Parmesan Knots
4. Soppressata, Egg & Cheese Sandwiches
5. Spinach & Asparagus Salad
6. Salted Caramel Rice Pudding
7. Protein Add-ons

1

## Cold Sesame-Peanut Noodles

with Scallions & Cucumbers

2 SERVINGS

🕒 10-20 MIN



½ lb Lo Mein Noodles



2 Persian Cucumbers



2 Scallions



1 Tbsp Sesame Oil



1 Tbsp Soy Sauce



2 Tbsps Rice Vinegar



1 Tbsp Sambal Oelek



2 Tbsps Tahini



1 Tbsp Smooth Peanut Butter Spread



1 Tbsp Sugar



1 tsp Black & White Sesame Seeds

### 1 Prepare the ingredients & make the sauce

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Thinly slice the **cucumbers** into rounds.
- In a bowl, combine the **sliced cucumbers**, **sesame seeds**, and **half the vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate, large bowl, whisk together the **peanut butter spread**, **tahini**, **sesame oil**, **remaining vinegar**, **soy sauce**, **sugar**, **sliced white bottoms of the scallions**, **2 tablespoons of warm water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like it to be.

### 2 Cook the noodles & serve your dish

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to prevent sticking.
- Transfer to the bowl of **sauce**; stir to combine.
- Serve the **dressed noodles** garnished with the **marinated cucumbers** and **sliced green tops of the scallions**. Enjoy!

2

## Pearl Couscous & Romesco Soup

with Feta & Almonds



2 SERVINGS | ⌚ 10-15 MIN



### 1 Prepare the parsley

- Wash and dry the **parsley**; roughly chop the leaves and stems.

### 2 Make the soup & serve your dish

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mirepoix**, **tomato paste**, and **harissa paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **broth** (carefully, as the liquid may splatter), **romesco sauce**, **couscous**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, cook, stirring occasionally, 4 to 5 minutes, or until the couscous is tender.
- Turn off the heat.
- Serve the **soup** topped with the **cheese** (crumbling before adding), **chopped parsley**, and **almonds**. Enjoy!

1. contains almonds

3

## Truffle & Parmesan Knots

with Chives



2-4 SERVINGS | ⌚ 15-25 MIN



### 1 Prepare & bake the knots

- Remove the **dough** and **butter** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Lightly oil a sheet pan.
- Cut the **dough** into 8 equal-sized pieces.
- On a work surface, using your hands, gently roll each piece into a 6-inch log (if the dough is resistant, let rest 5 minutes). Carefully tie each log into a large knot.
- Transfer to the oiled sheet pan. Arrange in an even layer.
- Bake 13 to 15 minutes, or until lightly browned and cooked through.
- Remove from the oven.

### 2 Finish & serve your dish

- Meanwhile, wash, dry, and thinly slice the **chives**.
- In a large bowl, combine the **softened butter**, **cheese**, and **as much of the truffle zest as you'd like**; season with salt and pepper. Using a fork, mash until thoroughly combined.
- Transfer the **baked knots** to the bowl of **truffle butter**; toss to thoroughly coat.
- Serve the **finished knots** garnished with the **sliced chives**. Enjoy!

1. includes natural truffle flavor and black summer truffle



# Soppressata, Egg & Cheese Sandwiches

with Spicy Fig Mayo

2 SERVINGS

🕒 10-20 MIN



-  2 Pasture-Raised Eggs
-  3 oz Soppressata
-  2 Burger Buns
-  2 oz Fontina Cheese
-  1 Tbsp Fig Spread
-  2 Tbsps Mayonnaise
-  ¼ tsp Crushed Red Pepper Flakes

## 1 Prepare the ingredients

- If necessary, halve the **buns**.
- Grate the **cheese** on the large side of a box grater.
- In a bowl, combine the **mayonnaise**, **fig spread**, and **as much of the red pepper flakes 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 Fry 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**, **spicy fig mayo**, **fried eggs**, and **as much of the soppressata as you'd like** (you may have extra). Enjoy!



# Spinach & Asparagus Salad

with Pistachios & Balsamic Tahini Dressing

3-4 SERVINGS

🕒 15-25 MIN



1 head Butter Lettuce



5 oz Baby Spinach



¾ lb Asparagus



3 oz Radishes



0.7 oz Grana Padano Cheese



¼ cup Tahini



2 Tbsps Balsamic Vinegar



4 tsps Honey



2 Tbsps Roasted Pistachios

## 1 Prepare & cook the asparagus

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until tender when pierced with a fork.
- Transfer to a plate and set aside to cool.



## 2 Prepare the remaining ingredients & make the dressing

- Thinly slice the **radishes** into rounds.
- Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- Roughly chop the **pistachios**.
- In a bowl, whisk together the **vinegar**, **tahini**, **honey** (kneading the packet before opening), and **1 tablespoon of water**; season with salt and pepper.



## 3 Make the salad & serve your dish

- In a large bowl, combine the **spinach**, **sliced radishes**, **chopped lettuce**, **cooked asparagus**, and **cheese** (crumbling before adding). Drizzle with **olive oil** and season with salt and pepper; toss to combine.
- Serve the **salad** drizzled with the **dressing**. Garnish with the **chopped pistachios**. Enjoy!





# Salted Caramel Rice Pudding

with Toasted Pecans

4-6 SERVINGS

40-50 MIN



-  ½ cup Sushi Rice
-  ¾ cup Cream
-  5 Tbsps Light Brown Sugar
-  2 tsps Vanilla Powder
-  ¼ cup Roasted Pecans
-  ¼ cup Caramel Shards

## 1 Make the rice pudding

- In a medium pot, combine the **rice, sugar, vanilla powder, 3 ¼ cups of water, and ½ cup of the cream**. Heat to boiling on high.
- Once boiling, reduce the heat to medium. Cook, stirring occasionally, 30 to 40 minutes, or until thickened and the rice is tender. (As the liquid thickens, you'll need to stir more frequently to avoid sticking and a skin from forming.)
- Turn off the heat.



## 2 Prepare & toast the pecans

- Meanwhile, roughly chop the **pecans**.
- Place in a separate, small pot. Toast on medium-high, 2 to 3 minutes, stirring frequently, or until lightly browned.
- Transfer to a bowl.
- Wipe out the pot.



## 3 Make the salted caramel & serve your dish

- Once the rice pudding has cooked about 25 minutes, in the same pot used to toast the pecans, combine the **caramel shards, remaining cream, and a big pinch of salt**. Cook on medium, stirring constantly, 4 to 6 minutes, or until the caramel has dissolved and the mixture is thickened.
- Turn off the heat.
- Transfer the **rice pudding** to a large serving dish (or individual dishes). If serving the pudding later, cover with plastic wrap (making sure the plastic touches the pudding to prevent a film from forming) and refrigerate.
- Serve the **rice pudding** topped with the **salted caramel** and **toasted pecans**. 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](https://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](https://cook.blueapron.com/addons-info)

Food safety handling information for all recipes: [blog.blueapron.com/foodsafety](https://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

