

2

Smoked Gouda Dinner Rolls

with Honey Butter



2-4 SERVINGS | ⌚ 30-40 MIN



1 Prepare the ingredients & bake the rolls

- Remove the **dough**, **butter**, and **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 425°F.
- Lightly oil a small baking dish with a drizzle of **olive oil**.
- Grate the **cheese** on the large side of a box grater.
- Wash, dry, and thinly slice the **scallions**.
- Cut or tear the **dough** into 8 equal-sized pieces. Gently roll each piece of dough into a ball.
- Transfer to the baking dish in an even layer. Evenly top each roll with the **grated cheese**.
- Bake 18 to 22 minutes, or until golden brown and cooked through.
- Remove from the oven and let stand at least 5 minutes.

2 Finish & serve your dish

- Meanwhile, in a large bowl, combine the **softened butter**, **sliced scallions**, **honey** (kneading the packet before opening), and **half the spice blend** (you will have extra). Using a fork, mash until thoroughly combined.
- Transfer the **baked rolls** to the bowl of **honey butter** and carefully toss to coat. Enjoy!

3

Kimchi & Udon Soup

with Spinach & Sesame Seeds



2 SERVINGS | ⌚ 15-25 MIN



1 Prepare the ingredients

- Remove the **noodles** from the refrigerator to bring to room temperature. Wash and dry the fresh produce.
- Roughly chop the **kimchi**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.

2 Start the soup

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced white bottoms of the scallions** and **sautéed aromatics**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **chopped kimchi**, **sugar**, **soy sauce**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined.

3 Finish the soup & serve your dish

- Add the **broth** (carefully, as the liquid may splatter) and **1 cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to **medium-low**. Cook, stirring occasionally, 4 to 5 minutes, or until slightly thickened.
- Add the **noodles** (separating before adding) and **spinach**. Cook, stirring frequently, 1 to 2 minutes, or until the noodles are heated through and the spinach is wilted. Turn off the heat.
- Serve the **finished soup** garnished with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!

1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

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



Blue Apron

Add-ons

March 13–19, 2023

ON THE MENU THIS WEEK:

1. Asparagus & Apple Salad
2. Smoked Gouda Dinner Rolls
3. Kimchi & Udon Soup
4. Spinach & Artichoke Quesadillas
5. Homemade Granola & Yogurt Bowls
6. Buttermilk-Orange Snack Cake
7. Protein Add-ons

1

Asparagus & Apple Salad

with Rosemary & Almond Breadcrumbs

2–4 SERVINGS

 15–25 MIN



-  3 oz Baby Spinach
-  2 oz Arugula
-  6 oz Asparagus
-  1 bunch Rosemary
-  1 Apple
-  ¼ cup Panko Breadcrumbs
-  1 Tbsp Apple Cider Vinegar
-  1 Tbsp Whole Grain Dijon Mustard
-  4 tsps Honey
-  2 Tbsps Sliced Roasted Almonds

1 Prepare the ingredients & make the vinaigrette

- 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 2-inch pieces (keeping the pointed tips intact).
- Roughly chop the **almonds**.
- Pick the **rosemary** leaves off the stems; roughly chop the leaves.
- Quarter, core, and thinly slice the **apple**.
- In a bowl, combine the **vinegar**, **honey** (kneading the packet before opening), **mustard**, and **2 tablespoons of olive oil**. Season with salt and pepper.

2 Cook the asparagus

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Transfer to a large bowl.
- Wipe out the pan.

3 Toast the breadcrumbs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **breadcrumbs**, **chopped almonds**, and **chopped rosemary**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until toasted. Turn off the heat.
- To the bowl of **cooked asparagus**, add the **arugula**, **spinach**, **sliced apple**, and enough of the **vinaigrette** to coat (you may have extra). Toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **salad** garnished with **toasted breadcrumbs**. Enjoy!

Spinach & Artichoke Quesadillas

with Scrambled Eggs & Feta

2-4 SERVINGS

🕒 25-35 MIN



-  2 Pasture-Raised Eggs
-  4 Flour Tortillas
-  3 oz Baby Spinach
-  2 cloves Garlic
-  ¼ cup Marinated Artichoke Hearts
-  3 oz Feta Cheese
-  ¼ cup Labneh Cheese
-  2 oz Shredded Cheddar & Monterey Jack Cheese Blend

1 Prepare the ingredients

- Wash and dry the **spinach**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **artichokes**.
- Crack the **eggs** into a bowl and season with salt and pepper. Beat until smooth.
- Season the **labneh** with salt and pepper.

2 Make the filling

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Add the **spinach** and **chopped artichokes**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and the spinach is wilted.
- Add the **beaten eggs**. Cook, stirring frequently, 1 to 2 minutes, or until combined and cooked through.
- Turn off the heat.

3 Make the quesadillas & serve your dish

- Place the **tortillas** on a work surface.
- Top one half of each tortilla with the **filling, feta** (crumbling before adding), and **shredded cheese blend**. Fold the tortillas in half over the filling.
- Rinse and wipe out the pan used to cook the filling.
- In the same pan, heat a drizzle of **olive oil** on **medium** until hot.
- Add the **quesadillas**. Cook 2 to 4 minutes per side, or until golden brown and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping).
- Transfer to a cutting board and immediately season with salt. Carefully halve each quesadilla.
- Serve the **cooked quesadillas** with the **seasoned labneh** on the side. Enjoy!



Homemade Granola & Yogurt Bowls

with Pineapple-Mango Compote

2 SERVINGS

🕒 25-35 MIN



-  1 Mango Cheek
-  4 oz Pineapple Spears
-  ½ cup Rolled Oats
-  1 oz Unsweetened Coconut Flakes
-  1 Tbsp Sugar
-  1 Tbsp Light Brown Sugar
-  1 cup Plain Nonfat Greek Yogurt
-  2 oz Salted Butter
-  4 tsps Honey
-  3 Tbsps Roasted Cashews
-  ¼ cup Roasted Pecans
-  1 tsp Warming Spices¹

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Small dice the **pineapple**.
- Small dice the **mango**.
- Roughly chop the **pecans**.
- Roughly chop the **cashews**.

2 Make the compote

- In a small pot, heat **half the butter** on medium until melted.
- Add the **diced pineapple, diced mango, and half the warming spices**. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **granulated sugar and 2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until thickened.
- Turn off the heat.

3 Start the granola

- Meanwhile, 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, chopped pecans, chopped cashews, and remaining warming spices**. Cook, stirring occasionally, 5 to 6 minutes, or until toasted.

4 Finish the granola & serve your dish

- Add the **remaining butter, half the honey** (kneading the packet before opening), **brown sugar, and a pinch of salt**; stir to combine.
- Reduce the heat to medium and cook, stirring occasionally, 2 to 3 minutes, or until the butter is melted and browned (it should smell nutty and toasted).
- Turn off the heat.
- Serve the **yogurt** topped with the **finished granola and compote**. Drizzle with the **remaining honey**. Enjoy!



Buttermilk-Orange Snack Cake

with Candied Ginger

8 SERVINGS

⌚ 45-55 MIN: 15 MIN ACTIVE,
35 MIN INACTIVE



-  2 Pasture-Raised Eggs
-  1 Navel Orange
-  ½ cup Candied Ginger
-  1 cup Biscuit Mix
-  ⅔ cup All-Purpose Flour
-  1 tsp Baking Powder
-  ¼ cup Sugar
-  1 cup Powdered Sugar
-  ½ cup Buttermilk
-  2 oz Salted Butter
-  4 tsps Honey

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 350°F.
- Lightly grease a loaf pan (or line with parchment paper).
- Wash and dry the **orange**; using a zester or the small side of a box grater, finely grate the orange to get 1 tablespoon (reserving the rest of the orange to make the glaze).
- Melt the **butter** in a large bowl in the microwave (or melt in a small pot on the stove, then transfer to a large bowl). Let cool slightly.

2 Make the batter & bake the cake

- In a bowl, combine the **flour, biscuit mix, baking powder,** and **a pinch of salt.** Whisk to combine.
- To the bowl of **melted butter,** add the **granulated sugar, honey** (kneading the packet before opening), **orange zest, eggs,** **¼ cup of the buttermilk,** and **3 tablespoons of water.** Whisk to combine.
- Add the **dry ingredients** to the bowl of **wet ingredients.** Using a spatula, gently mix until no white streaks remain, then fold in the **candied ginger.**
- Transfer the **batter** to the loaf pan; spread into an even layer.
- Bake 30 to 35 minutes, or until lightly browned and a toothpick inserted into the middle comes out clean.
- Remove from the oven. Let cool to room temperature (for quicker cooling, place in the refrigerator).

3 Make the glaze & serve your dish

- Halve the **orange** crosswise; squeeze the juice into a bowl.
- Once the cake has cooled, in a bowl, combine the **powdered sugar, 2 tablespoons of the remaining buttermilk** (you will have extra) and **2 tablespoons of the orange juice** (you will have extra). Whisk to combine.
- Top the **cooled cake** with the **glaze.** Enjoy!

