

Blue Apron Add-ons

March 27–April 2, 2023

ON THE MENU THIS WEEK:

1. Sourdough French Toast
2. Orange & Radish Salad
3. Lasagna Soup
4. Pancetta Jam & Egg Sandwich
5. Jalapeño & Smoked Gouda Biscuits
6. Caramel Chocolate Chip Cookies
7. Protein Add-ons

1

Sourdough French Toast

with Cherry-Maple Syrup & Almonds

2-4 SERVINGS

🕒 15-25 MIN



-  1 Pasture-Raised Egg
-  4 slices Sourdough Pullman Bread
-  ½ cup Cream
-  1 oz Salted Butter
-  2 Tbsps Crème Fraîche
-  2 Tbsps Sour Cherry Spread
-  2 Tbsps Maple Syrup
-  1 ½ Tbsps Dried Tart Cherries
-  2 Tbsps Sliced Roasted Almonds
-  1 tsp Warming Spices¹

1 Prepare the batter & soak the bread

- In a shallow baking dish, whisk together the **cream**, **egg**, **warming spices**, and a **pinch of salt**.
- Working in batches if necessary, add the **bread** and let soak 2 to 3 minutes per side.

2 Make the cherry-maple syrup

- Meanwhile, melt **half the butter** in a bowl in the microwave (or melt in a small pot on the stove, then transfer to a bowl).
- Add the **maple syrup** and **sour cherry spread**; stir to combine.

3 Make the French toast & serve your dish

- In a large pan (nonstick, if you have one), heat the **remaining butter** on medium-high until melted.
- Working in batches if necessary, add the **soaked bread** to the pan. Cook 3 to 4 minutes per side, or until golden brown and cooked through.
- Transfer to a plate.
- Serve the **French toast** topped with the **cherry-maple syrup**, **crème fraîche**, **dried cherries**, and **almonds**. Enjoy!

1. Cinnamon, Ginger, Cardamom & Allspice

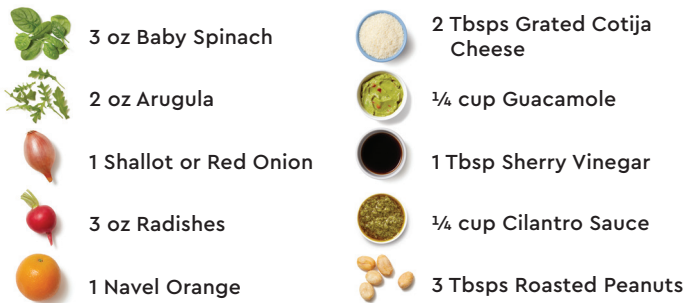
2

Orange & Radish Salad

with Cotija, Peanuts & Guacamole Dressing



2-4 SERVINGS | ⌚ 10-15 MIN



1 Prepare the ingredients

- Wash and dry the fresh produce.
- Halve, peel, and small dice the **shallot or red onion** to get 2 tablespoons (you may have extra); place in a large bowl. Add the **cilantro sauce, vinegar, and guacamole**; stir to combine.
- Peel the **orange**; halve lengthwise, then thinly slice crosswise.
- Thinly slice the **radishes** into rounds.

2 Make the salad & serve your dish

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

3

Lasagna Soup

with Spicy Ricotta & Spinach



2 SERVINGS | ⌚ 15-20 MIN



1 Prepare the ingredients

- Wash and dry the **spinach**.
- Stack the **pasta sheets**; quarter lengthwise, then quarter crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, combine the **ricotta, half the romano**, a drizzle of **olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.

2 Start the soup

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mirepoix and chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **tomato sauce** (carefully, as the liquid may splatter), **broth**, and **¾ cup of water**. Season with salt and pepper. Heat to boiling on high.

3 Finish the soup & serve your dish

- Once boiling, add the **prepared pasta sheets** and **spinach**. Season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the pasta is cooked through and the spinach is wilted.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished soup** topped with the **spicy ricotta**. Garnish with the **remaining romano**. Enjoy!

Pancetta Jam & Egg Sandwich

with Cheddar Cheese & Parmesan Mayo

2 SERVINGS

🕒 20-30 MIN



-  3 oz Diced Pancetta
-  2 Pasture-Raised Eggs
-  2 Challah Buns
-  1 Yellow Onion
-  2 oz White Cheddar Cheese
-  ¼ cup Grated Parmesan Cheese
-  2 Tbsps Mayonnaise
-  2 tsps Honey
-  1 Tbsp Red Wine Vinegar
-  1 Tbsp Light Brown Sugar
-  ¼ tsp Crushed Red Pepper Flakes

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Halve, peel, and small dice the **onion**.
- Grate the **cheddar** on the large side of a box grater.
- In a bowl, combine the **mayonnaise** and **parmesan**.

2 Make the pancetta jam

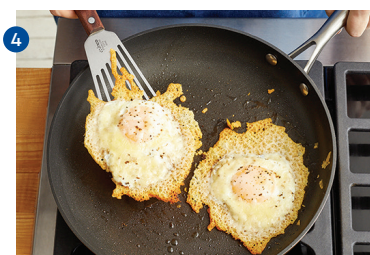
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly crispy.
- Carefully drain off and discard any excess oil.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and the pancetta is cooked through.
- Add the **honey**, **vinegar** (carefully, as the liquid may splatter), **sugar**, 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, 2 to 3 minutes, or until thoroughly combined.
- Transfer to a bowl.
- Rinse and wipe out the pan.

3 Toast the buns

- Halve the **buns**.
- Add the **halved buns**, cut side down, to the same pan. Toast on medium-high 30 seconds to 1 minute, or until lightly browned.
- Transfer to a work surface.

4 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. Evenly top with the **grated cheddar**. Loosely cover the pan with foil and cook 4 to 5 minutes, or until the cheese is melted, the egg 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**, **parmesan mayo**, **pancetta jam**, and **cooked eggs**. Enjoy!



Jalapeño & Smoked Gouda Biscuits

with Honey Butter

2-4 SERVINGS

🕒 20-30 MIN



1 cup Biscuit Mix



1 Jalapeño Pepper



2 Scallions



¼ cup Sour Cream



1 oz Salted Butter



2 oz Smoked Gouda Cheese



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 and dry the fresh produce.
- Thinly slice the **scallions**.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then finely chop. Thoroughly wash your hands immediately after handling.

2 Bake the biscuits

- In a large bowl, combine the **biscuit mix**, **sour cream**, **sliced scallions**, **half the grated cheese**, **¼ cup of water**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the biscuits to be. 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**. Using a fork, mash until smooth. Season with salt and pepper.
- Serve the **baked biscuits** topped with the **honey butter**. Enjoy!



Caramel Chocolate Chip Cookies

with Brown Butter & Coconut Flakes

8-10 SERVINGS

🕒 30-40 MIN: 15 MINS ACTIVE,
17 MIN INACTIVE



-  1 Pasture-Raised Egg
-  2 oz Salted Butter
-  1 cup All-Purpose Flour
-  5 Tbsps Light Brown Sugar
-  ¼ cup Sugar
-  1 tsp Baking Powder
-  2 tsps Vanilla Powder
-  1 oz Unsweetened Coconut Flakes
-  2 oz Semi-Sweet Chocolate Chips
-  ¼ cup Caramel Shards

1 Brown the butter

- Place an oven rack in the center of the oven, then preheat to 375°F.
- In a small pot, heat the **butter** on medium-high 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 and let cool slightly.



2 Make the dough

- In a separate bowl, whisk together the **flour**, **vanilla powder**, **baking powder**, and a **pinch of salt**. To the bowl of **brown butter**, add the **brown sugar**, **granulated sugar**, and **egg**; whisk to thoroughly combine.
- Add the **dry ingredients** to the **wet ingredients**. Using a spatula, gently mix just until incorporated (be careful not to overmix).
- Add the **caramel shards**, **coconut flakes**, and **chocolate chips**; stir to incorporate.



3 Form the cookies

- Line a sheet pan with parchment paper.
- Scoop about **2 tablespoons of the dough** onto the parchment paper. Repeat with the remaining dough, evenly spacing out the cookies on the sheet pan.



4 Bake the cookies & serve your dish

- Bake the **cookies** 10 to 15 minutes, or until the dough is set and cooked through.
- Remove from the oven (immediately top with flaky sea salt if desired). Let stand at least 2 minutes before serving. 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

*The USDA recommends reheating cooked pork belly to 140°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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