

2

Garlic Herb Bread

with Parmesan Cheese



4-6 SERVINGS | ⌚ 15-25 MIN

-  2 Small Baguettes
-  ¼ cup Grated Parmesan Cheese
-  2 oz Garlic & Herb Spreadable Butter
-  1 bunch Parsley

1 Prepare the ingredients & make the compound butter

- Remove the **spreadable 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 **parsley**; finely chop the leaves and stems.
- Halve the **baguettes**.
- In a bowl, combine the **softened butter**, all but a pinch of the **chopped parsley**, and all but a pinch of the **cheese**. Using a fork, mash until thoroughly combined.

2 Toast the bread & serve your dish

- Line a sheet pan with foil.
- Place the **halved baguettes** on the foil, cut sides up. Evenly top with the **compound butter**.
- Toast in the oven 7 to 9 minutes, or until lightly browned and the edges are crispy.
- Transfer to a cutting board. Cut each half into 4 equal-sized pieces.
- Serve the **finished bread** garnished with the **remaining cheese** and **remaining chopped parsley**. Enjoy!

3

Roasted Brussels Sprout Salad

with Arugula & Creamy Feta Dressing



2-4 SERVINGS | ⌚ 20-30 MIN

-  2 oz Arugula
-  2 tsps Honey
-  ½ lb Brussels Sprouts
-  1 Tbsp Sherry Vinegar
-  1 oz Sliced Roasted Red Peppers
-  1 ½ Tbsps Golden Raisins
-  1 bunch Chives
-  ¼ cup Roasted Walnuts
-  1 ½ oz Feta Cheese
-  1 Tbsp Za'atar Seasoning¹

1 Prepare & roast the brussels sprouts

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F. Wash and dry the fresh produce.
- Cut off and discard the stems ends of the **brussels sprouts**; halve lengthwise. Place on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and enough of the **za'atar** to coat (you may have extra). Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients

- Meanwhile, roughly chop the **peppers**.
- Roughly chop the **walnuts**.
- Thinly slice the **chives**.
- In a large bowl, combine the **cheese** (crumbling before adding), **honey** (kneading the packet before opening), **vinegar**, **sliced chives**, and a drizzle of **olive oil**; using a fork, mash until the cheese is smooth and combined. Season with salt and pepper.

3 Make the salad & serve your dish

- To the bowl of **feta dressing**, add the **arugula**, **raisins**, **chopped peppers**, and **roasted brussels sprouts**. Toss to coat; taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **chopped walnuts**. Enjoy!

1. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano

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 20–26, 2023

ON THE MENU THIS WEEK:

1. Smoked Gouda & Egg Biscuits
2. Garlic Herb Bread
3. Roasted Brussels Sprout Salad
4. Charcuterie Board
5. Mushroom Stew Bread Bowls
6. Chocolate Espresso Cupcakes
7. Protein Add-ons

1

Smoked Gouda & Egg Biscuits

with Red Peppers & Chives

2 SERVINGS

 25–35 MIN



1 cup Biscuit Mix



2 Pasture-Raised Eggs



1 oz Sliced Roasted Red Peppers



1 bunch Chives



¼ cup Sour Cream



¼ cup Grated Parmesan Cheese



2 oz Smoked Gouda Cheese

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 425°F.
- Roughly chop the **peppers**.
- Wash and dry the **chives**; thinly slice.
- Grate the **gouda** on the large side of a box grater.

2 Start the biscuits

- Lightly oil a sheet pan.
- In a large bowl, combine the **biscuit mix**, **sour cream**, **parmesan**, **chopped peppers**, **half the sliced chives**, **half the grated gouda**, and **¼ cup of water**. Gently stir until just combined (be careful not to overmix).
- Scoop the **biscuit dough** into 2 equal-sized dollops; place on the oiled sheet pan.
- Using the back of a spoon, form a shallow well in each biscuit. Evenly top each biscuit with **¼ of the remaining grated gouda**.
- Bake 5 minutes. Leaving the oven on, remove from the oven.

3 Finish the biscuits & serve your dish

- Using the same spoon, gently reform the well in each biscuit so that it's large enough to fit an egg. Carefully crack an **egg** into the center of each well. Season with salt and pepper, then top with the **remaining grated gouda**.
- Return to the oven and bake 8 to 12 minutes, or until the biscuits are lightly browned and cooked through and the eggs are cooked to your desired degree of doneness.
- Remove from the oven. Let cool at least 2 minutes.
- Serve the **finished biscuits** garnished with the **remaining sliced chives**. Enjoy!

Charcuterie Board

with Warm Fontina Dip, Stuffed Figs & Soppressata

4-6 SERVINGS

25-35 MIN



-  3 oz Prosciutto
-  3 oz Soppressata
-  2 Small Baguettes
-  2 oz Fontina Cheese
-  2 oz Smoked Gouda Cheese
-  1.4 oz Grana Padano Cheese
-  2 Tbsps Mascarpone Cheese
-  ¼ cup Cream
-  1 Apple
-  1 oz Balsamic-Marinated Cipolline Onions
-  4 Dried Turkish Figs
-  4 tsps Honey
-  ¼ tsp Truffle Zest Seasoning¹
-  1 tsp Whole Dried Oregano
-  ¼ tsp Crushed Red Pepper Flakes

1 Prepare the ingredients

- Remove the **honey** and **all cheeses** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Remove the stems of the **figs**; halve lengthwise.
- Cut the **gouda** into 8-equal sized cubes.
- Remove the plastic lining between the slices of **prosciutto**.
- Cut the **baguettes** into equal-sized rounds.
- Grate the **fontina** on the large side of a box grater.
- Wash and dry the **apple**, then quarter, core, and thinly slice.
- Quarter the **onions**.
- In a bowl, combine the **honey** (kneading the packet before opening) and **up to half the truffle zest** (you will have extra).

2 Stuff & wrap the figs

- Line a sheet pan with foil.
- Use your fingers to open the cut side of each **halved fig**, creating a pocket; stuff with a **cube of smoked gouda**. Wrap a **slice of prosciutto** around each **stuffed fig**.
- Arrange in an even layer on one side of the sheet pan.

3 Toast the baguettes & wrapped figs

- Transfer the **baguette rounds** to the other side of the sheet pan of **stuffed figs**. Drizzle the baguettes with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Toast in the oven 6 to 8 minutes, or until the bread is lightly browned, the cheese is melted, and the prosciutto is slightly crispy.
- Remove from the oven.

4 Make the dip & serve your dish

- Meanwhile, in a small pot (or a microwave-safe bowl), combine the **grated fontina**, **mascarpone**, **cream**, **oregano**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook on medium-high, whisking frequently, 1 to 3 minutes, or until the cheese is melted. (If using a bowl, microwave on high 60 to 90 seconds, stirring halfway through, or until melted and combined.)
- On a serving platter, arrange the **toasted baguettes**, **wrapped figs**, **Grana Padano** (crumbling before adding), **fontina dip**, **quartered onions**, **truffle honey**, **soppressata**, and **sliced apple** as desired. Enjoy!



1. includes natural truffle flavor and black summer truffle





Mushroom Stew Bread Bowls

with Truffle & Parmesan

4 SERVINGS

25-35 MIN



-  4 Challah Buns
-  ½ lb Mushrooms
-  ½ oz Dried Shiitake Mushrooms
-  1 bunch Parsley
-  1 cup Chicken Bone Broth
-  ½ cup Cream
-  ¼ cup Grated Parmesan Cheese
-  ⅓ cup Mirepoix
-  1 Tbsp Sherry Vinegar
-  ¼ cup Cornstarch
-  ¼ tsp Truffle Zest Seasoning¹

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce.
- Place the **shiitake mushrooms** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Halve the **cremini mushrooms** lengthwise, then thinly slice crosswise.
- Roughly chop the **parsley** leaves and stems.
- To make the slurry, in a bowl, whisk together **1 tablespoon of the cornstarch** and **¼ cup of water**.



2 Prepare & toast 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 center to create a bread bowl.
- Line a sheet pan with foil. Place the **bread bowls** and **bread tops** on the foil, cut side up. Drizzle with **olive oil**.
- Toast in the oven 3 to 5 minutes, or until golden brown.
- Leaving the oven on, remove from the oven.



3 Make the stew & serve your dish

- Meanwhile, drain the **rehydrated shiitake mushrooms**, then finely chop.
- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced cremini mushrooms** and **chopped shiitake mushrooms**. Cook, stirring occasionally, 3 to 4 minutes, or until browned.
- Add the **mirepoix**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined.
- Add the **vinegar**. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has mostly cooked off.
- Add the **cream, broth, and cornstarch slurry** (whisking to recombine before adding). Heat to boiling on high.
- Once boiling, reduce the heat to **medium-low**. Cook, stirring occasionally, 2 to 3 minutes, or until thickened.
- Turn off the heat. Add **as much of the truffle zest as you'd like**; stir to combine.
- Evenly divide the **stew** among the **toasted bread bowls**.
- Serve the **finished bread bowls** garnished with the **cheese** and **chopped parsley**. Serve the **toasted bread tops** on the side. Enjoy!



1. includes natural truffle flavor and black summer truffle

Chocolate Espresso Cupcakes

with Caramel

8 SERVINGS

⌚ 40-50 MIN: 10 MIN ACTIVE,
30 MIN INACTIVE



-  1 Pasture-Raised Egg
-  1 cup All-Purpose Flour
-  4 oz Cultured, Salted Butter
-  ¼ cup Buttermilk
-  ½ cup Espresso Pastry Cream
-  ¾ cup Sugar
-  5 Tbsps Light Brown Sugar
-  ¼ cup Dutch Processed Cocoa Powder¹
-  1 tsp Baking Powder
-  4 oz Semi-Sweet Chocolate Chips
-  2 Tbsps Caramel Shards

1 Make the batter

- Place an oven rack in the center of the oven, then preheat to 350°F.
- In a large bowl, combine the **butter** and **chocolate chips**. Working in 30 second increments, microwave on high, stirring in between, until melted and smooth (or melt in a small pot on the stove, then transfer to a large bowl).
- Add the **buttermilk**, **granulated sugar**, **brown sugar**, and **egg**. Whisk to thoroughly combine.
- In a separate bowl, whisk together the **flour**, **baking powder**, and **cocoa powder**.
- Add the **dry ingredients** to the bowl of **wet ingredients**; stir to incorporate.

2 Bake the cupcakes

- Lightly grease 8 rounds of a cupcake tin (or line with cupcake liners).
- Transfer the **batter** to the prepared tins.
- Bake 25 to 30 minutes, or until cooked through and a toothpick inserted into the middle comes out with a few moist crumbs.
- Remove from the oven. Let cool to room temperature (for quicker cooling, place in the refrigerator).

3 Frost the cupcakes & serve your dish

- Cut a small corner off the bag of **pastry cream**.
- Working directly from the bag, pipe the pastry cream onto the **cooled cupcakes**; spread into an even layer using the back of a spoon.
- Right before serving, garnish the cupcakes with the **caramel shards**, plus a pinch of flaky salt if desired. Enjoy!

