

# Blue Apron

# Add-ons

April 3–9, 2023

## ON THE MENU THIS WEEK:

1. Cold Sesame-Peanut Noodles
2. Lemon Crêpes
3. Cheesy Truffle & Mushroom Crostini
4. Asparagus & Tomato Salad
5. Charcuterie Board
6. Chocolate Zucchini Loaf Cake
7. Protein Add-ons

1

## Cold Sesame-Peanut Noodles

with Snow Peas & Scallions

2 SERVINGS

 10–20 MIN



½ lb Lo Mein Noodles



4 oz Snow Peas



2 Scallions



1 Tbsp Smooth Peanut Butter Spread



1 Tbsp Rice Vinegar



1 Tbsp Sesame Oil



1 Tbsp Sambal Oelek



1 Tbsp Soy Sauce



2 Tbsps Tahini



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.
- If desired, remove the tough strings from the **snow peas**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, whisk together the **peanut butter spread, tahini, sesame oil, 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** and **snow peas** 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 and peas** garnished with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!

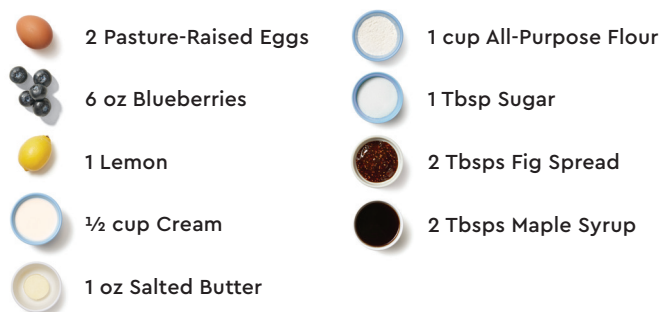
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## Lemon Crêpes

with Fresh Blueberry Compote



2-4 SERVINGS | ⌚ 30-40 MIN



### 1 Prepare the ingredients & make the batter

- Wash and dry the fresh produce.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons. Halve the lemon crosswise; squeeze the juice into a small pot, straining out the seeds.
- In a large bowl, combine the **lemon zest** and **sugar**. Using your fingers, massage the lemon zest into the sugar to release the oils. Add the **flour**, **eggs**, **cream**, and **1/2 cup of water**. Whisk vigorously until smooth.

### 2 Make the blueberry compote

- To the pot of **lemon juice**, add the **blueberries**, **maple syrup**, and **fig spread**; stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to **medium-low** and simmer, stirring occasionally, 4 to 5 minutes, or until the blueberries have broken down and the mixture is thickened.
- Turn off the heat.

### 3 Make the crêpes & serve your dish

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1/4 of the butter** on medium-high until melted.
- Add **1/4 of the crêpe batter** (about 1/3 cup). Immediately swirl the pan in a circular motion to create a thin, round, even layer. Cook 1 to 2 minutes per side (flipping carefully as to not tear the crepe), or until lightly browned and cooked through. Transfer to a plate.
- Repeat 3 more times with the remaining butter and batter.
- Serve the **crêpes** topped with the **blueberry compote**. Enjoy!

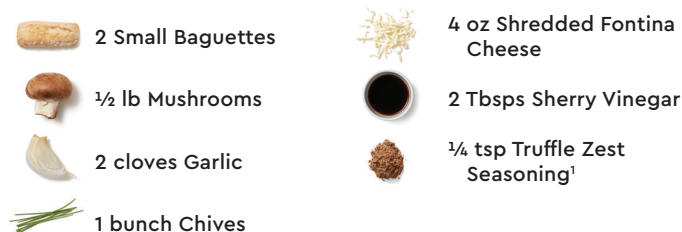
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## Cheesy Truffle & Mushroom Crostini

with Chives



2-4 SERVINGS | ⌚ 25-35 MIN



### 1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **mushrooms**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **baguettes**.
- Thinly slice the **chives**.

### 2 Cook the mushrooms

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring occasionally, 30 seconds to 1 minute, or until the liquid has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.

### 3 Make the crostini & serve your dish

- Line a sheet pan with foil. Transfer the **halved baguettes** to the foil, cut side up. Top with the **cooked mushrooms** and **cheese**. Drizzle with **olive oil** and season with salt and pepper.
- Bake 9 to 11 minutes, or until browned and the cheese is melted.
- Transfer to a cutting board and cut into equal-sized pieces.
- Serve the **crostini** garnished with the **sliced chives** and **as much of the truffle zest as you'd like**. Enjoy!

1. includes natural truffle flavor and black summer truffle



# Asparagus & Tomato Salad

with Jammy Eggs &  
Creamy Dijon Dressing

2-4 SERVINGS

🕒 15-25 MIN



-  2 Pasture-Raised Eggs
-  4 oz Arugula
-  3 oz Baby Spinach
-  6 oz Asparagus
-  4 oz Grape Tomatoes
-  1 oz Sliced Roasted Red Peppers
-  1 bunch Chives
-  ¼ cup Grated Romano Cheese
-  1 Tbsp Sherry Vinegar
-  1 Tbsp Whole Grain Dijon Mustard
-  2 Tbsps Mayonnaise
-  2 tsps Honey
-  2 Tbsps Roasted Sunflower Seeds

## 1 Prepare the ingredients

- Fill a medium pot  $\frac{3}{4}$  the way up with salted water; cover and heat to boiling on high.
- 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).
- Halve the **tomatoes**.
- Thinly slice the **chives**.
- Roughly chop the **peppers**.



## 2 Cook the eggs

- Carefully add the **eggs** to the pot of boiling water and cook 7 minutes for soft-boiled, or until your desired degree of doneness.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the eggs to a strainer and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, carefully peel the cooked eggs. Quarter lengthwise; season with salt and pepper.



## 3 Make the dressing

- Meanwhile, in a bowl, combine the **mustard, mayonnaise, honey, vinegar, half the cheese**, and a drizzle of **olive oil**; season with salt and pepper.



## 4 Blanch the asparagus & serve your dish

- To the pot of boiling water, add the **asparagus pieces**. Cook 1 to 2 minutes, or until bright green and tender. Turn off the heat.
- Drain thoroughly.
- In a large bowl, combine the **arugula, spinach, halved tomatoes, chopped peppers, blanched asparagus**, and **dressing**; toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **seasoned eggs, remaining cheese, sunflower seeds**, and **sliced chives**. Enjoy!





## Charcuterie Board

with Prosciutto-Wrapped Asparagus & Creamy Feta Dip

4-6 SERVINGS

⌚ 25-35 MIN



-  3 oz Prosciutto
-  2 Small Baguettes
-  6 oz Asparagus
-  4 oz Sweet Peppers
-  1 Lemon
-  1 Pear
-  2 oz Fontina Cheese
-  ¼ cup Mascarpone Cheese
-  1 ½ oz Feta Cheese
-  2 oz White Cheddar Cheese
-  2 oz Raspberry Jalapeño Spread
-  4 tsps Honey
-  2 tsps Date Syrup
-  ¼ tsp Crushed Red Pepper Flakes
-  1 Tbsp Za'atar Seasoning<sup>1</sup>

### 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Snap off and discard the tough, woody stem ends of the **asparagus**; halve crosswise.
- Remove the plastic lining between the slices of **prosciutto**.
- Cut the **baguettes** into equal-sized rounds.
- Cut off and discard the stems of the **sweet peppers**; remove the cores, then quarter lengthwise.
- Thinly slice the **fontina** and **cheddar**.
- Quarter, core, and thinly slice the **pear**.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons.
- In a bowl, combine the **date syrup**, **1 tablespoon of hot water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine.



### 2 Wrap the asparagus & toast the baguettes

- Line a sheet pan with foil.
- Wrap a **slice of prosciutto** around 3 to 4 pieces of **halved asparagus**. Repeat with the remaining prosciutto and asparagus. Transfer to one side of the sheet pan.
- Transfer the **baguette rounds** to the other side of the sheet pan. 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 asparagus is tender, and the prosciutto is slightly crispy.
- Remove from the oven.



### 3 Make the creamy feta dip & serve your dish

- Meanwhile, in a bowl, combine the **mascarpone**, **feta** (crumbling before adding), **lemon zest**, **honey**, a drizzle of **olive oil**, and **2 tablespoons of water**. Stir until thoroughly combined. Garnish with a drizzle of **olive oil** and **as much of the za'atar as you'd like** (you may have extra).
- On a serving platter, arrange the **toasted baguettes**, **wrapped asparagus**, **quartered peppers**, **sliced cheeses**, **creamy feta dip**, **raspberry spread**, and **sliced pear** as desired. Top the pear with the **spicy date syrup**. Enjoy!



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



# Chocolate Zucchini Loaf Cake

with Walnuts & Cream Cheese Frosting


8 SERVINGS

🕒 50-60 MIN: 15 MIN ACTIVE,  
37 MIN INACTIVE



 2 Pasture-Raised Eggs


 1 Zucchini


 2 oz Salted Butter


 ¾ cup Cream Cheese Frosting

 ½ cup Sour Cream

 2 Tbsps Mascarpone Cheese


 ½ cup Sugar

 1 Tbsp Light Brown Sugar

 1 tsp Baking Powder

 1 cup All-Purpose Flour

 ¼ cup Dutch Processed Cocoa Powder<sup>1</sup>

 2 oz Semi-Sweet Chocolate Chips

 ½ cup Roasted Walnuts

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 375°F.
- Wash and dry the **zucchini**. Using the large side of a box grater, grate the zucchini to get 1 packed cup (you may have extra).
- Roughly chop the **walnuts**.

## 2 Make the batter

- In a bowl, combine the **flour, baking powder, cocoa powder, and a pinch of salt**. Whisk to thoroughly combine.
- Place the **butter** in a large bowl. Working in 30-second increments, microwave on high until melted (or melt in a small pot on the stove, then transfer to a large bowl).
- Add the **granulated sugar, brown sugar, sour cream, and 1 egg** (you will have an extra egg). Whisk to combine.
- Transfer the **dry ingredients** to the bowl of **wet ingredients**; stir to combine.
- Add the **grated zucchini, chocolate chips, and half the chopped walnuts**. Stir to incorporate.

## 3 Bake the cake

- Lightly grease a loaf pan (or line with parchment paper).
- Transfer the **batter** to the pan and spread into an even layer.
- Bake 32 to 37 minutes, or until 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).

## 4 Make the frosting & serve your dish

- Once the cake is cool, in a bowl, whisk together the **cream cheese frosting** and **mascarpone** until smooth.
- Top the **cooled cake** with the **frosting**. Cut into equal-sized pieces.
- Serve the **finished cake** garnished with the **remaining chopped walnuts**. 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
BEEF	3 1 48-oz Pasture-Raised Beef Tenderloin Roast	400°F; roast 28 to 30 minutes, then brown on stovetop 2 to 3 minutes per side. Let rest 15 minutes	125°F*
PORK	4 4 oz Applewood Smoked Uncured Bacon	3 to 4 minutes on the first side, then flip and cook 1 to 2 minutes	cook through
	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 a minimum safe cooking temperature of 145°F for beef. Roast the beef an additional 4 to 6 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood, or eggs may increase your risk of foodborne illness. Photos depict proteins as cooked.

## FIND YOUR NUTRITION INFORMATION

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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.

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