

Mexican Pork & Vegetable Quinoa

Curry Chicken & Creamy Mango Chutney

Italian Pork & Herb Crème Fraîche

Southern Chicken & Vegetables



MEAL PREP Wellness Bundle



See last page for details

Chicken & Pork

2 servings of each:

Mexican Pork & Vegetable Quinoa
with Ancho-Honey Sauce

Italian Pork & Herb Crème Fraîche
with Roasted Vegetables

Curry Chicken & Creamy Mango Chutney
with Vegetable Quinoa

Southern Chicken & Vegetables
with Cherry Dijonnaise & Pistachios

Let's get cooking

ONE PREP. EIGHT SERVINGS. OPTIONS FOR DAYS. Here's your easy step-by-step guide for making mealtime magic—from Prep Day to putting on the finishing touches when you're ready to serve and eat.



1

UNBOX + PLAN

⌚ 5 min



2

COOK EVERYTHING

⌚ 60 min



3

MAKE SAUCES

⌚ 10 min



4

ASSEMBLE + STORE

⌚ 10 min



5

FINISH + SERVE

⌚ 5 min

Wine pairings available from blueapron.com/wine



Serve chicken dishes with Blue Apron wine that has this symbol based on its flavor profile.



Serve pork dishes with Blue Apron wine that has this symbol based on its flavor profile.

1

2

3

4

5

⌚ 5 min

STORAGE YOU'LL NEED

8 large
containers8 small
containers

TOOLS YOU'LL NEED

Knife, Cutting Board, Mixing Bowls, 1 Medium Pot,
Strainer, 2 Sheet Pans, 1 Large Nonstick Pan,
Spatula, Wooden Spoon

Main Cooking Ingredients

For All Recipes

4
Boneless,
Center-Cut Pork
Chops4
Boneless,
Skinless Chicken
Breasts1 cup
Tricolor Quinoa¾ lb
Carrots1 lb
Sweet Potatoes½ lb
Brussels Sprouts2
Poblano
Peppers2
Red Onions2 cloves
Garlic½ lb
Grape Tomatoes2 tsp
Vadouvan Curry
Powder1 Tbsp
Italian
Seasoning¹1 Tbsp
Mexican Spice
Blend²1 Tbsp
Southern Spice
Blend³1 Tbsp
Weeknight Hero
Spice Blend⁴

Sauce Ingredients

Mexican Pork & Vegetable Quinoa with Ancho-Honey Sauce

1 Tbsp
Honey1 Tbsp
Ancho Chile
Paste

Italian Pork & Herb Crème Fraîche with Roasted Vegetables

2 Tbsps
Crème Fraîche½ cup
Salsa Verde

Curry Chicken & Creamy Mango Chutney with Vegetable Quinoa

2 Tbsps
Mascarpone
Cheese2 Tbsps
Mango Chutney

Southern Chicken & Vegetables with Cherry Dijonnaise & Pistachios

1 Tbsp
Dijonnaise1 Tbsp
Sour Cherry
Spread

Finishing Touches

Mexican Pork & Vegetable Quinoa with Ancho-Honey Sauce

2 Tbsps
Grated Cotija
Cheese2 Tbsps
Raw Pepitas

Italian Pork & Herb Crème Fraîche with Roasted Vegetables

1 oz
Balsamic-
Marinated
Cipolline Onions2 Tbsps
Sliced Roasted
Almonds

Curry Chicken & Creamy Mango Chutney with Vegetable Quinoa

3 Tbsps
Roasted
Cashews

Southern Chicken & Vegetables with Cherry Dijonnaise & Pistachios

2 Tbsps
Roasted
Pistachios

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
 2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
 3. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
 4. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F. 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.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Medium dice the **sweet potatoes**. Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces. Halve the **tomatoes**. Peel and roughly chop **2 cloves of garlic**. Halve, peel, and thinly slice the **onions**. Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.



Cook the quinoa

- Add the **quinoa** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



Roast the vegetables

- Meanwhile, line two sheet pans with foil.
- Transfer the **halved brussels sprouts**, **diced sweet potatoes**, and **carrot pieces** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat and arrange in an even layer.
- Roast 19 to 21 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



Roast & slice the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season **2 chicken breasts** on both sides with salt, pepper, and enough of the **curry powder** to coat (you may have extra). Season the **remaining chicken breasts** on both sides with salt, pepper, and enough of the **Southern spice blend** to coat (you may have extra).
- Transfer to the remaining sheet pan.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



Cook & slice the pork

- Pat the **pork** dry with paper towels; season **2 pork chops** on both sides with salt, pepper, and enough of the **Mexican spice blend** to coat (you may have extra). Season the **remaining pork chops** on both sides with salt, pepper, and the **Italian seasoning**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes. When cool enough to handle, slice crosswise. Wipe out the pan.



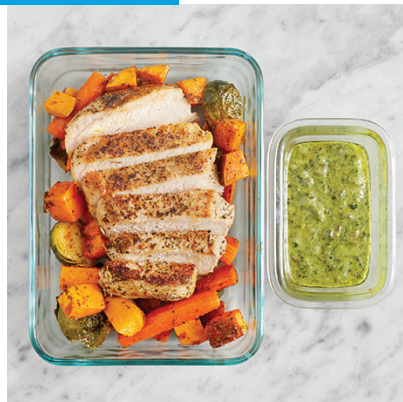
Cook the vegetables & finish the quinoa

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions** and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **halved tomatoes** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Turn off the heat.
- Transfer to the pot of **cooked quinoa**. Add a drizzle of **olive oil** and stir to combine. Taste, then season with salt and pepper if desired.

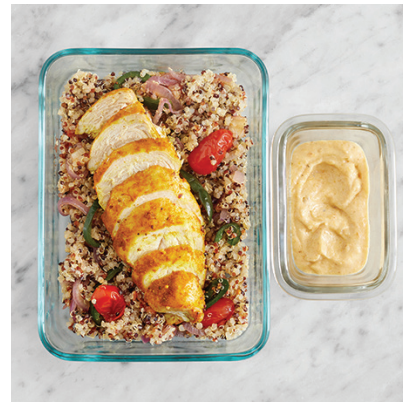
*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for pork.

**Ancho-Honey Sauce**

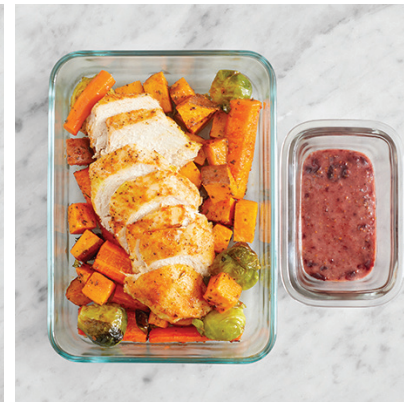
- Combine the **chile paste**, **honey** (kneading the packet before opening), and a drizzle of **olive oil**. Taste, then season with salt and pepper if desired.

**Herb Crème Fraîche**

- Combine the **salsa verde** and **crème fraîche**. Taste, then season with salt and pepper if desired.

**Creamy Mango Chutney**

- Combine the **mango chutney** and **mascarpone**. Taste, then season with salt and pepper if desired.

**Cherry Dijonnaise**

- Combine the **sour cherry spread** and **dijonnaise**. Taste, then season with salt and pepper if desired.

Mexican Pork & Vegetable Quinoa

with Ancho-Honey Sauce

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetable quinoa**
- 1 **sliced Mexican-spiced pork chop**

Transfer the **ancho-honey sauce** to 2 small containers.

Italian Pork & Herb Crème Fraîche

with Roasted Vegetables

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced Italian-seasoned pork chop**

Transfer the **herb crème fraîche** to 2 small containers.

Curry Chicken & Creamy Mango Chutney

with Vegetable Quinoa

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **finished vegetable quinoa**
- 1 **sliced vadouvan-spiced chicken breast**

Transfer the **creamy mango chutney** to 2 small containers.

Southern Chicken & Vegetables

with Cherry Dijonnaise & Pistachios

Makes 2 servings:

For each serving, in a large container combine:

- $\frac{1}{4}$ **roasted vegetables**
- 1 **sliced Southern-spiced chicken breast**

Transfer the **cherry dijonnaise** to 2 small containers.

Mexican Pork & Vegetable Quinoa



Italian Pork & Herb Crème Fraîche



Curry Chicken & Creamy Mango Chutney



Southern Chicken & Vegetables



Mexican Pork & Vegetable Quinoa

with Ancho-Honey Sauce

Makes 2 servings:

- Roughly chop the **pepitas**.
- Heat the **finished pork and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **ancho-honey sauce**, **cotija**, and **chopped pepitas**.

Italian Pork & Herb Crème Fraîche

with Roasted Vegetables

Makes 2 servings:

- Roughly chop the **cipolline onions**.
- Heat the **finished pork and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **herb crème fraîche**, **almonds**, and **chopped onions**.

Curry Chicken & Creamy Mango Chutney

with Vegetable Quinoa

Makes 2 servings:

- Roughly chop the **cashews**.
- Heat the **finished chicken and quinoa** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **creamy mango chutney** and **chopped cashews**.

Southern Chicken & Vegetables

with Cherry Dijonnaise & Pistachios

Makes 2 servings:

- Roughly chop the **pistachios**.
- Heat the **finished chicken and vegetables** in the microwave 1 to 2 minutes, or until heated through.
- Garnish each serving with the **cherry dijonnaise** and **chopped pistachios**.

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MEXICAN PORK & VEGETABLE QUINOA



Now your Points value is personalized to YOU! It could be between 9-13 Points. Scan the barcode to see yours!



ITALIAN PORK & HERB CRÈME FRAÎCHE



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CURRY CHICKEN & CREAMY CHUTNEY



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SOUTHERN CHICKEN & VEGETABLES



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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.
Blue Apron, LLC, New York, NY 10005



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