{“id”:1,”title”:”Dijon & Panko-Crusted Lamb Chops”, ”subtitle”: **“with Salsa Verde Carrots & Garlicky Purple Potatoes**”, ”time”: “55 min”, ”price”:” $19.99/SERVING” ,”servings”:”2 Servings”, ”calories”:” 940 Cals/serving”, ”image”:” <https://media.blueapron.com/recipes/25448/square_newsletter_images/1601348202-32-0039-4337/1102_2P12_Herb-Crusted-Lamb_374_SQ_Web.jpg>”, ”ingredients”:[{“qty”: “1”,”name”:” Frenched Rack Of Lamb”},{“qty”:” 6 oz”, ”name”: “Carrots”},{“qty”:” ¾ lb”, ”name”:” Purple Potatoes”},{“qty”:” 1”,”name”:” Lemon”},{“qty”:”2 cloves”, ”name”: “Garlic”},{“qty”:”1 bunch”, ”name”: “Thyme”},{“qty”:”1 bunch”, ”name”: “Oregano”},{“qty”:”¼ cup”, ”name”: “Panko Breadcrumbs”},{“qty”:”1 Tbsp”, ”name”: “Dijon Mustard”},{“qty”:”⅓ cup”, ”name”: “Salsa Verde”},{“qty”:”0.7 oz”, ”name”: “Grana Padano Cheese”},{“qty”:”2 Tbsps.”, ”name”: “Crème Fraiche”},{“qty”:”1 oz”, ”name”: “Castelvetrano Olives”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25448/ingredient\_images/1601659427-32-0002-5216/1102\_2PRE12\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:”**Prepare the ingredients**”, ”step”:” Preheat the oven to 450°F. Wash and dry the fresh produce. Peel the **carrots**; halve lengthwise, then halve crosswise. Halve the **potatoes** lengthwise; cut crosswise into 1/4-inch pieces. Pick the **thyme** leaves off the stems. Quarter and deseed the **lemon**. Peel **2 cloves of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater). Pick the **oregano** leaves off the stems; finely chop. Pit and roughly chop the **olives**. Grate the **cheese** on the small side of a box grater. In a bowl, combine the **breadcrumbs**, **thyme leaves**, **half the garlic paste**, **half the mustard**, and **2 teaspoons of olive oil**; season with salt and pepper. To make the garlic dressing, in a separate, large bowl, combine the **chopped oregano**, **chopped olives**, **remaining garlic paste**, **the juice of 2 lemon wedge**s, and a drizzle of **olive oil**; season with salt and pepper. In a separate bowl, combine the**crème fraîche** and **salsa verde**.”,”img”:” <https://media.blueapron.com/recipes/25448/recipe_steps/48670/1601348264-33-0037-6769/1102_2P12_Herb-Crusted-Lamb_102_Web.jpg>?”}, {“number”:”2”,”desc”:”**Prepare & roast the lamb**”,”step”:” Line a sheet pan with foil. Pat the **lamb** dry with paper towels; season with salt and pepper on all sides. Place on the sheet pan, bone side down. Evenly spread or brush the **remaining mustard** onto the top side of the lamb (opposite of the bones), then top with the **breadcrumb mixture** (pressing to adhere). Roast 27 to 29 minutes for medium (125°F), or until cooked to your desired degree of doneness.\* Transfer to a cutting board and let rest at least 10 minutes.

\*The USDA recommends cooking lamb until an instant-read thermometer registers a minimum temperature of 145°F.”,”img”:” https://media.blueapron.com/recipes/25448/recipe\_steps/48671/1601348259-33-0036-5606/1102\_2P12\_Herb-Crusted-Lamb\_103\_Web.jpg”},{“number”:”3”,”desc”:”**Roast the vegetables**”, ”step”:” Meanwhile, transfer the **carrot pieces** to one side of a separate sheet pan; place the **potato pieces** on the other side. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; keeping them separate on the sheet pan, arrange in an even layer. Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.”,”img”:” https://media.blueapron.com/recipes/25448/recipe\_steps/48672/1601348255-32-0040-6043/1102\_2P12\_Herb-Crusted-Lamb\_104\_Web.jpg”},{“number”:”4”,”desc”:”**Dress the vegetables**”,”step”:” Transfer the **roasted carrots** to a large bowl; add **half the creamy salsa verde**. Toss to coat. Taste, then season with salt and pepper if desired. Transfer the **roasted potatoes** to the bowl of **garlic dressing**; add the **grated cheese**. Toss to combine. Taste, then season with salt and pepper if desired.”,”img”:” https://media.blueapron.com/recipes/25448/recipe\_steps/48673/1601348239-33-0035-0638/1102\_2P12\_Herb-Crusted-Lamb\_105\_Web.jpg”},{“number”:”5”,”desc”:”**Slice the lamb & serve your dish**”,”step”:”Slice the **rested lamb**  between each bone. Serve the **sliced lamb** with the **remaining creamy salsa verde**. Serve the **dressed carrots**, **dressed** **potatoes**, and **remaining lemon wedges** on the side. Enjoy!”,”img”:” <https://media.blueapron.com/recipes/25448/recipe_steps/48674/1601348235-32-0042-5502/1102_2P12_Herb-Crusted-Lamb_106_Web.jpg>”}]

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{“id”:2,”title”:” **Calabrian Shrimp & Orzo**”,”subtitle”:” **with Tomatoes & Parmesan Cheese**”,”time”:” 20 min”,”price”:” 600 Calories Or Less”,”servings”:” 2 Servings”,”calories”:” 500 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25451/square\_newsletter\_images/1603459980-33-0011-6659/1102\_2PF\_Shrimp\_0480\_SQ\_Web.jpg”,”ingredients”:[{“qty”:”10 oz”,”name”:” Tail-On Shrimp (Peeled & Deveined)”},{“qty”:” 4 oz”,”name”:” Orzo Pasta”},{“qty”:” 2 cloves”,”name”:” Garlic”},{“qty”:” 1”,”name”:” Lemon”},{“qty”:” 1½ tsps”,”name”:” Calabrian Chile Paste”},{“qty”:” 2 Tbsps”,”name”:” Crème Fraîche”},{“qty”:” 1 Tbsp”,”name”:” Capers”},{“qty”:” ¼ cup”,”name”:” Grated Parmesan Cheese”},{“qty”:” 4 oz”,”name”:” Grape Tomatoes”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25451/ingredient\_images/1601343193-32-0003-8741/1102\_2PF\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients**”,”step”:” Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Halve the **tomatoes**. Quarter and deseed the **lemon**. Peel and roughly chop **2 cloves of garlic**. Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; add the **chopped garlic**, **capers**, and **as much of the chile paste as you’d like**, depending on how spicy you’d like the dish to be. Drizzle with **olive oil** and season with salt and pepper. Stir to combine.”,”img”:” https://media.blueapron.com/recipes/25451/recipe\_steps/48046/1601415440-33-0003-2981/1102\_2PF\_Calabrian-Shrimp-Orzo\_102\_Web\_Tomato.jpg”},{“number”:”2”,”desc”:” **Cook the pasta**”,”step”:” Add the **pasta** to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.”,”img”:” https://media.blueapron.com/recipes/25451/recipe\_steps/48047/1601343371-32-0010-5622/0121\_2PF-WW2\_Shrimp-Orzo\_0541\_Web.jpg”},{“number”:”3”,”desc”:” **Cook the shrimp & tomatoes**”,”step”:” Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **prepared shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the **halved tomatoes**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are opaque and cooked through. Turn off the heat.”,”img”:” https://media.blueapron.com/recipes/25451/recipe\_steps/48048/1603459993-32-0013-9081/1102\_2PF\_Shrimp\_0477\_Web.jpg”},{“number”:”4”,”desc”:” **Finish & serve your dish**”,”step”:” To the pot of **cooked pasta**, add the **cooked shrimp** **and** **tomatoes**, **crème fraîche**, and **the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired. Serve the **finished shrimp and** **pasta** garnished with the **cheese** and **remaining lemon wedges**. Enjoy! ”,”img”:” <https://media.blueapron.com/recipes/25451/recipe_steps/48050/1603460000-33-0012-4002/1102_2PF_Shrimp_0482_Web.jpg>”}]

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{“id”:3,”title”:” **Mongolian Beef & Noodles**”,”subtitle”:” **with Shishito Peppers & Scallions**”,”time”:” 25 min”,”servings”:” 2 Servings”,”calories”:” 650 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25450/square\_newsletter\_images/1603459639-32-0007-3159/1102\_2P11\_Mongolian-Beef\_0489\_SQ\_Web.jpg”,”ingredients”:[{“qty”:” 8 oz”,”name”:” Thinly Sliced Beef”},{“qty”:” 6 oz”,”name”:” Fresh Wonton Noodles (PreviouslyFrozen)”},{“qty”:” 2 cloves”,” Garlic”},{“qty”:” 2”,”name”:” Scallions”},{“qty”:” 1 Tbsp”,”name”:” Soy Sauce”},{“qty”:” 1 Tbsp”,”name”:” Light Brown Sugar”},{“qty”:” ¼ cup”,” Cornstarch”},{“qty”:” 1”,” Piece Ginger”},{“ 2 Tbsps”,” Chicken Demi-Glace”},{ “qty”:” 3 oz”,”name”:” Shishito Peppers”},{“qty”:” ¼ tsp”,” Crushed Red Pepper Flakes”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25450/ingredient\_images/1601387630-32-0071-9898/1102\_2PRE11\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients**”,”step”:” Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Peel and roughly chop **2 cloves of garlic**. Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra). Slice the **scallions** into 1/2-inch pieces, separating the white bottoms and hollow green tops. Cut off and discard the stems of the **peppers**; cut crosswise into 1/2-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling. Place the **pepper pieces** in a bowl; add the **chopped garlic**, **chopped ginger**, and **sliced white bottoms of the scallions**.”,”img”:” https://media.blueapron.com/recipes/25450/recipe\_steps/48040/1603459664-33-0007-3219/1102\_2P11\_Mongolian-Beef\_0473\_Web.jpg”},{“number”:”2”,”desc”:” **Make the sauce**”,”step”:” In a bowl, combine the **soy sauce**, **demi-glace**, **sugar**, **1/3 cup of water**, and **as much of the red pepper flakes as you’d like**, depending on how spicy you’d like the dish to be.”,”img”:” https://media.blueapron.com/recipes/25450/recipe\_steps/48041/1601387551-32-0072-3247/1019\_FP5\_Mongolian-Beef\_028\_Web.jpg”},{“number”:”3”,”desc”:” **Cook the peppers**”,”step”:” In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **prepared pepper mixture**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened. Transfer to a plate. Wipe out the pan.”,”img”:” https://media.blueapron.com/recipes/25450/recipe\_steps/48042/1603459683-32-0008-0191/1102\_2P11\_Mongolian-Beef\_0478\_Web.jpg”},{“number”:”4”,”desc”:” **Cook the beef**”,”step”:” Separate the **beef**; pat dry with paper towels. Place in a bowl and season with salt and pepper. Add the **cornstarch**; toss to thoroughly coat. In the same pan, heat **2 teaspoons of olive oil** on medium-high. Once the oil is hot enough that a pinch of cornstarch sizzles immediately when added, add the coated beef in an even layer (discarding any excess cornstarch). Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and just cooked through. Turn off the heat.”,”img”:” https://media.blueapron.com/recipes/25450/recipe\_steps/48043/1601660392-34-0004-0013/1028\_2PRE10\_WW05\_Spicy-Pepper-Beef\_120\_Web.jpg”},{“number”:”5”,”desc”:” **Cook the noodles**”,”step”:” Meanwhile, add the **noodles** 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 return to the pot.” ,”img”:” https://media.blueapron.com/recipes/25450/recipe\_steps/48044/1601387535-32-0068-3165/1019\_FP5\_Mongolian-Beef\_044\_Web.jpg”},{“number”:”6”,”desc”:” **Finish the noodles & serve your dish**”,”step”:” To the pot of **cooked noodles**, add the **cooked vegetables**, **cooked beef**, and **sauce**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until coated. Turn off the heat; taste, then season with salt and pepper if desired. Serve the **finished noodles** garnished with the **sliced green tops of the scallions**. Enjoy!”,”img”:” <https://media.blueapron.com/recipes/25450/recipe_steps/48045/1603459691-32-0009-1382/1102_2P11_Mongolian-Beef_0481_Web.jpg>”}]

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{“id”:4,”title”:” **Honey Mustard Baked Chicken**”,”subtitle”:” **with Smoky Smashed Potatoes**”,”time”:” 40 min”,”price”:” 600 Calories Or Less”,”servings”:” 2 Servings”,”calories”:” 590 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25249/square\_newsletter\_images/1601342433-33-0005-1644/1102\_2PP\_Honey-Mustard-Chicken\_453\_203\_SQ\_Web.jpg”,”ingredients”:[{“qty”:” 2”,”name”:” Boneless, Skinless Chicken Breasts”},{“qty”:” ¾ lb”,”name”:” Golden Potatoes”},{“qty”:” 1 bunch”,”name”:” Collard Greens”},{“qty”:” 2 tsps”,”name”:” Honey”},{“qty”:” ¼ cup”,”name”:” Panko Breadcrumbs”},{“qty”:” ¼ cup”,”name”:” Sour Cream”},{“qty”:” 1 Tbsp”,”name”:” Apple Cider Vinegar”},{“qty”:” 1”,”name”:” Shallot”},{“qty”:” 1 oz”,”name”:” Sliced Roasted Red Peppers”},{“qty”:” 2 Tbsps”,”name”:” Sweet Pickle Relish”},{“qty”:” 1 Tbsp”,”name”:” Smoky Spice Blend (Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder)”},{“qty”:” 1 Tbsp”,”name”:” Dijon Mustard”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25249/ingredient\_images/1601343027-33-0006-5927/1102\_2PP\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients & make the pepper relish**”,”step”:” 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. Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Large dice the **potatoes**. Separate the **collard green**leaves from the stems; discard the stems, then roughly chop the leaves. Peel and thinly slice the **shallot**. Roughly chop the **peppers**; place in a bowl. Add the **relish** and stir to combine. ”,”img”:” https://media.blueapron.com/recipes/25249/recipe\_steps/48032/1601342684-32-0007-1269/1102\_2PP\_Honey-Mustard-Chicken\_605\_Web.jpg”},{“number”:”2”,”desc”:” **Cook & smash the potatoes**”,”step”:” Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add the **sour cream**, **half the spice blend**, and **1 teaspoon of olive oil**; stir gently to combine. Using a fork or potato masher, lightly smash the potatoes. Taste, then season with salt and pepper if desired. Cover to keep warm.”,”img”:” https://media.blueapron.com/recipes/25249/recipe\_steps/48031/1601342671-32-0006-9863/1102\_2PP\_Honey-Mustard-Chicken\_627\_Web.jpg”},{“number”:”3”,”desc”:” **Prepare the collard green foil packet**”,”step”:” Meanwhile, line a sheet pan with foil. Place a separate large, rectangular piece of foil on a work surface. In a large bowl, combine the **chopped collard greens**, **sliced shallot**, and **1 teaspoon of olive oil**; season with salt and pepper. Stir to thoroughly combine. Transfer to one side of the foil piece; top with **1 tablespoon of water**. Fold the foil in half over the prepared collard greens. Roll and crimp the 3 open edges inwards to completely seal the packet. Transfer to one side of the sheet pan.”,”img”:” https://media.blueapron.com/recipes/25249/recipe\_steps/48030/1601342658-32-0005-4422/1102\_2PP\_Honey-Mustard-Chicken\_610\_Web.jpg”},{“number”:”4”,”desc”:” **Prepare & bake the chicken**”,”step”:” In a bowl, whisk together the **honey** (kneading the packet before opening) and  **mustard**. In a separate bowl, combine the **breadcrumbs** and **2  teaspoons of olive oil**; season with salt and pepper. Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and  the **remaining spice blend**. Transfer to the other side of the sheet pan of **prepared collard greens**. Evenly spread or brush the **honey mustard**onto the chicken, then top with the **seasoned breadcrumbs** (pressing to adhere). Bake the chicken and collard greens 19 to 21 minutes, or until the topping is browned and the chicken is cooked through.\* Remove from the oven.

*\*An instant-read thermometer should register 165°F.*”,”img”:” https://media.blueapron.com/recipes/25249/recipe\_steps/48033/1601342647-32-0004-8544/1102\_2PP\_Honey-Mustard-Chicken\_616\_Web.jpg”},{“number”:”5”,”desc”:” **Finish the collard greens & serve your dish**”,”step”:” Carefully open the packet of **cooked collard greens**; stir in the **vinegar**. Taste, then season with salt and pepper if desired. Serve the **baked chicken** with the **smashed potatoes** and **finished collard greens**. Garnish the chicken with **pepper relish**. Enjoy!”,”img”:”<https://media.blueapron.com/recipes/25249/recipe_steps/48034/1601342608-32-0003-9819/1102_2PP_Honey-Mustard-Chicken_639_Web.jpg>”}]

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{“id”:5,”title”:” **Hot Italian Pork Sausage & Brussels Sprouts**”,”subtitle”:” **with Bucatini Pasta**”,”time”:” 20 min”,”servings”:” 2 Servings”,”calories”:” 850 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25456/square\_newsletter\_images/1601389502-32-0081-8568/1209\_2P8\_Pork-Pasta\_9588\_SQ\_Web.jpg”,”ingredients”:[{“qty”:” 10 oz”,”name”:” Hot Italian Pork Sausage”},{“qty”;” ½ lb”,”name”:” Bucatini Pasta”},{“qty”:” 4 oz”,”name”:” Brussels Sprouts”},{“qty”:” 2 cloves”,”name”:” Garlic”},{“qty”:” 1”,”name”:”  Yellow Onion”},{“qty”:” 1 Tbsp”,”name”:” Apple Cider Vinegar”},{“qty”:” 2 Tbsps”,”name”:” Mascarpone Cheese”},{“qty”:” ¼ cup”,” Grated Parmesan Cheese”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25456/ingredient\_images/1601388939-32-0079-6144/1102\_2PRE08\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients**”,”step”:” Fill a large pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the **brussels sprouts**; cut off and discard the stem ends. Halve lengthwise, then thinly slice crosswise. Halve, peel, and thinly slice the **onion**. Peel and roughly chop **2 cloves of garlic**. Combine the **sliced brussels sprouts**, **sliced onion**, and **chopped garlic** in a bowl.”,”img”:” https://media.blueapron.com/recipes/25456/recipe\_steps/48068/1601389948-33-0077-6609/1209\_2P8\_Pork-Pasta\_380\_Web.jpg”},{“number”:”2”,”desc”:” **Cook the pasta**”,”step”:” Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 6 to 8 minutes, or until al dente (still slightly firm to the bite). Turn off  the heat. Reserving **1 1/2 cups of the pasta cooking water**, drain thoroughly and return to the pot.”,”img”:” https://media.blueapron.com/recipes/25456/recipe\_steps/48069/1601389943-32-0082-6378/1209\_2P8\_Pork-Pasta\_382\_Web.jpg”},{“number”:”3”,”desc”:” **Cook the sausage & vegetables**”,”step”:” Meanwhile, in a large pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **sausage**. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until browned. Add the **prepared vegetables**. Cook, stirring frequently, 4 to 5 minutes, or until softened and the sausage is cooked through. Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any browned bits (or fond), 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.”,”img”:” https://media.blueapron.com/recipes/25456/recipe\_steps/48070/1601389938-33-0076-4473/1209\_2P8\_Pork-Pasta\_384\_Web.jpg”},{“number”:”4”,”desc”:” **Finish the pasta & serve your dish**”,”step”:” To the pot of **cooked pasta**, add the **cooked sausage** **and** **vegetables** and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated). Turn off the heat. Stir in the **mascarpone**until combined. Taste, then season with salt and pepper if desired. Serve the **finished pasta** garnished with the **parmesan**. Enjoy!”,”img”:”<https://media.blueapron.com/recipes/25456/recipe_steps/48071/1601389814-33-0075-3078/1209_2P8_Pork-Pasta_386_Web.jpg>”}]

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{“id”:6,”title”:” **Fontina & Sourdough Grilled Cheese**”,”subtitle”:” **with Persimmon & Onion**”,”time”:” 20 min”,”price”:” Vegetarian”,”servings”:” 2 Servings”,”calories”:” 790 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25460/square\_newsletter\_images/1601347875-32-0040-6048/1102\_2PV1\_Fontina-Grilled-Cheese\_269\_SQ\_Web.jpg”,”ingredients”:[{“qty”:” 4 slices”,”name”:” Sourdough Pullman Bread”},{“qty”:” 1”,”name”:” Red Onion”},{“qty”:” 1”,name:” Persimmon”},{“qty”:” 1”,”name”:” Watermelon Radish”},{“qty”:” 1”,”name”:” Romaine Lettuce Heart”},{“qty”:” 4 oz”,” Shredded Fontina Cheese”},{“qty”:” 2 Tbsps”,”name”:”Sliced Roasted Almonds”},{“qty”:” 3 Tbsps”,”name”:” Ranch Dressing”},{“qty”:” 1 Tbsp”,”name”:” Sherry Vinegar”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25460/ingredient\_images/1601347888-32-0035-1905/1102\_2PV1\_Shredded\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare & cook the onion**”,”step”:” Halve, peel, and medium dice the **onion** to get ½ cup (you may have extra). In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened. Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.”,”img”:” https://media.blueapron.com/recipes/25460/recipe\_steps/48088/1601348006-32-0037-5996/1112\_2PV1\_Fontina-Grilled-Cheese\_083\_WEB.jpg”},{“number”:”2”,”desc”:” **Prepare the remaining ingredients**”,”step”:” Meanwhile, wash and dry the fresh produce. Core the **persimmon**; halve lengthwise, then thinly slice crosswise. Roughly chop the **lettuce**. Halve the **radish** lengthwise, then thinly slice crosswise. Combine the **chopped lettuce**and **sliced radish** in a large bowl.”,”img”:” https://media.blueapron.com/recipes/25460/recipe\_steps/48089/1601347935-33-0033-3570/1102\_2PV1\_Fontina-Grilled-Cheese\_248\_Web.jpg” },{“number”:”3”,”desc”:” **Assemble & cook the sandwiches**”,”step”:” Assemble the sandwiches using the **bread**, **cheese**, **sliced persimmon**, and **cooked onion**; season with salt and pepper. Rinse and wipe out the pan used to cook the onion. In the same pan, heat **1 tablespoon of olive oil** on medium until hot. Add the **sandwiches**; loosely cover the pan with foil and cook 2 to 4 minutes per side, or until lightly browned and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping). Transfer to a cutting board; immediately season with salt. Carefully halve on an angle.”,”img”:” https://media.blueapron.com/recipes/25460/recipe\_steps/48090/1601348011-32-0038-8645/1112\_2PV1\_Fontina-Grilled-Cheese\_095\_WEB.jpg”},{“number”:”4”,”desc”:” **Make the salad & serve your dish:**”,”step”:” Just before serving, to the bowl of **prepared lettuce** **and** **radish**, add the **ranch dressing** and **almonds**. Season with salt and pepper; toss to coat. Taste, then season with salt and pepper if desired. Serve the **cooked sandwiches** with the **salad** on the side. Enjoy! ”,”img”:” <https://media.blueapron.com/recipes/25460/recipe_steps/48091/1601347924-32-0036-0081/1102_2PV1_Fontina-Grilled-Cheese_253_Web.jpg>”}]

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{“id”:7,”title”:” **Pork Chops & Maple-Sage Pan Sauce**”,”subtitle”:” **with Roasted Brussels Sprouts & Delicata Squash**”,”time”:” 35 min”,”price”:” 600 Calories Or Less”,”servings”:” 2 Servings”,”calories”:” 500 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25457/square\_newsletter\_images/1601348389-33-0040-0363/1102\_2P10\_Pork-Chops-Maple-Sage\_209\_SQ\_Web.jpg”,”ingredients”:[{“qty”:”2”,”name”:” Boneless, Center-Cut Pork Chops”},{“qty”:” 1”,”name”:”Apple”},{“qty”:” 4 oz”,”name”:” Brussels Sprouts”},{“qty”:” 6 oz”,”name”:” Carrots”},{“qty”:” 1 bunch”,”name”:” Sage”},{“qty”:” 1”,”name”:” Delicata Squash”},{“qty”:” 1½ Tbsps”,”name”:” Maple Syrup”},{“qty”:” 1 Tbsp”,”name”:” Dijon Mustard”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25457/ingredient\_images/1601348538-32-0043-9096/1102\_2PRE10\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients & start the sauce**”,”step”:” Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Cut off and discard the ends of the **squash**; halve lengthwise. Using a spoon, scoop out the pulp and seeds; medium dice. Cut off and discard the stem ends of the **brussels sprouts**; quarter lengthwise. Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces. Core and medium dice the **apple**. Pick the **sage** leaves off the stems; discard the stems and thinly slice the leaves. In a bowl, whisk together the **mustard**, **maple syrup**, and **1/4 cup of water**. Season with salt and pepper. ”,”img”:” https://media.blueapron.com/recipes/25457/recipe\_steps/48072/1601348461-33-0042-6098/1102\_2P10\_Pork-Chops-Maple-Sage\_172\_Web.jpg”},{“number”:”2”,”desc”:” **Roast the vegetables**”,”step”:” Place the **diced squash**, **quartered brussels sprouts**, and **carrot pieces** on a sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. ”,”img”:” https://media.blueapron.com/recipes/25457/recipe\_steps/48073/1601348427-33-0041-1001/1102\_2P10\_Pork-Chops-Maple-Sage\_199\_Web.jpg”},{“number”:”3”,”desc”:” **Cook the pork & apple**”,”step”:” Meanwhile, pat the **pork** dry with paper towels. Season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **seasoned pork** and **diced apple** in an even layer. Cook, stirring the apple occasionally, 4 to 6 minutes, or until the pork is browned. Flip the pork and loosely cover the pan with foil. Cook, without stirring, 4 to 6 minutes, or until the apple is softened and the pork is cooked through.\* Leaving the apple in the pan, transfer the **cooked pork** to a cutting board; let rest at least 5 minutes.

\*An instant-read thermometer should register 145°F.”,”img”:” https://media.blueapron.com/recipes/25457/recipe\_steps/48074/1601348449-32-0042-3251/1102\_2P10\_Pork-Chops-Maple-Sage\_187\_Web.jpg”},{“number”:”4”,”desc”:” **Finish the sauce & serve your dish**”,”step”:” While the pork rests, add the **sauce** and **sliced sage leaves** to the pan of **cooked apple**. Cook on medium- high, stirring frequently, 1 to 2 minutes, or until the apple is thoroughly coated. Turn off the heat. Slice the **rested pork** crosswise. Serve the **sliced pork** with the **roasted vegetables**. Top the pork with the **finished sauce and apple**. Enjoy!”,”img”:”<https://media.blueapron.com/recipes/25457/recipe_steps/48075/1601348517-32-0043-6243/0311_W5_Pork-Chops_0595_Web.jpg>”}]

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{“id”:8,”title”:” **Spaghetti Squash, Pepper & Carrot Shakshuka**”,”subtitle”:” **with Za'atar Breadcrumbs & Feta Cheese**”,”time”:” 45 min”,”price”:” 600 Calories Or Less”,”servings”:” 2 Servings”,”calories”:” 510 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25175/square\_newsletter\_images/1603459309-33-0003-6086/1102\_2PV3\_Shakshuka\_088\_Web\_Web.jpg”,”ingredients”:[{“qty”:”2”,”name”:” Pasture-Raised Eggs”},{“qty”:” 1”,”name”:” 8-Oz Can Tomato Sauce”},{“qty”:“ 1”,”name”:” Spaghetti Squash”},{“qty”:” 2 cloves”,”name”:” Garlic”},{“qty”:” 6 oz”,”name”:” Carrots”},{“qty”:” 2”,”name”:” Scallions”},{“qty”:” ¼ cup”,”name”:” Panko Breadcrumbs”},{“qty”:” 1½ oz”,”name”:” Feta Cheese”},{“qty”:” 1 Tbsp”,”name”:” Red Harissa Paste”},{“qty”:” ½ oz”,”name”:” Sweet Piquante Peppers”},{“qty”:” 1 Tbsp”,”name”:” Za'atar Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper)”},{“qty”:” 1”,”name”:” Poblano Pepper”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25175/ingredient\_images/1601658284-34-0001-0473/1102\_2PV3\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare & cook the spaghetti squash**”,”step”:” If you prefer to use an oven to cook the squash instead of a microwave, place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce. Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out the pulp and seeds. Drizzle the cut sides with **olive oil**; season with salt and pepper.

**MICROWAVE:** Working in two batches if necessary, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with **1/2 inch of water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.

**OVEN**: Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down. Roast  25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

Transfer the**cooked squash** to a large bowl to cool slightly.”,”img”:” https://media.blueapron.com/recipes/25175/recipe\_steps/47023/1601347679-32-0037-9033/Spaghetti-Squash\_2P\_Cooked\_Microwave\_0823\_Web.jpg”},{“number”:”2”,”desc”:” **Prepare the remaining ingredients**”,”step”:” Meanwhile, peel the **carrots**; halve lengthwise, then thinly slice crosswise. Peel and roughly chop **2 cloves of garlic**. Thinly slice the **scallions**, separating the white bottoms and hollow green tops. Roughly chop the **pickled peppers**. Cut off and discard the stems of the **poblano pepper**; remove the cores. Halve lengthwise, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.”,”img”:” https://media.blueapron.com/recipes/25175/recipe\_steps/47022/1601414686-33-0001-8399/1102\_2PV3\_Squash-Shakshuka\_069\_Web\_poblano.jpg”},{“number”:”3”,”desc”:” **Make the za'atar breadcrumbs**”,”step”:” In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the **breadcrumbs**and**half the za'atar**. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until toasted. Transfer to a bowl. Rinse and wipe out the pan. ”,”img”:” https://media.blueapron.com/recipes/25175/recipe\_steps/47025/1601347644-32-0033-7280/1102\_2PV3\_Squash-Shakshuka\_075\_Web.jpg”},{“number”:”4”,”desc”:” **Separate the squash into strands**”,”step”:” When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.”,”img”:” https://media.blueapron.com/recipes/25175/recipe\_steps/48262/1601559008-32-0012-2219/Spaghetti-Squash-Shred\_Bowl\_111\_Web.jpg”},{“number”:”5”,”desc”:” **Start the shakshuka**”,”step”:” In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot. Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring  occasionally, 1 to 2 minutes, or until softened. Add the **sliced poblano pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Carefully add the **tomato sauce**, **harissa paste**, **remaining za’atar**, and **1/2 cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thickened. ”,”img”:” https://media.blueapron.com/recipes/25175/recipe\_steps/47024/1603459335-32-0005-1982/1102\_2PV3\_Shakshuka\_072\_Web.jpg?width=512”},{“number”:”6”,”desc”:” **Finish the shakshuka & serve your dish**”,”step”:” Add the **squash strands** to the pan; stir to combine. Using a spoon, create 2 shallow wells in the center of the shakshuka. Carefully crack an **egg** into each well. Cover the pan with foil and cook 4 to 5 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat. Let stand at least 2 minutes. Serve the **finished shakshuka** topped with the **za’atar breadcrumbs** and **cheese** (crumbling before adding). Garnish with the **sliced green tops of the scallions** and **chopped pickled peppers**. Enjoy!”,”img”:”<https://media.blueapron.com/recipes/25175/recipe_steps/47026/1603459326-33-0004-4164/1102_2PV3_Shakshuka_074_Web.jpg>”}]

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{“id”:9,”title”:” **Spicy Ginger Chicken Tacos**”,”subtitle”:” **with Curry-Roasted Potatoes**”,”time”:” 30 min”,”servings”:” 2 Servings”,”calories”:” 680 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25455/square\_newsletter\_images/1601390380-32-0084-5018/0113\_2PRE07\_Indian-Chicken-Tacos\_173\_201\_SQ\_Web.jpg”,”ingredients”:[{“qty”:” 10 oz”,”name”:”  Chopped Chicken Breast”},{“qty”:” 4”,”name”:” Flour Tortillas”},{“qty”:” ½ lb”,”name”:” Red Cabbage”},{“qty”:” ¾ lb”,”name”:” Golden Potatoes”},{“qty”:” 1”,”name”:”  Piece Ginger”},{“qty”:” 1 clove”,”name”:” Garlic”},{“qty”:” 1”,”name”:” Bird's Eye Chile Pepper”},{“qty”:” 2 Tbsps”,”name”:” Vegetarian Worcestershire Sauce”},{“qty”:” ½ cup”,”name”:” Tzatziki (Cucumber-Yogurt Sauce)”},{“qty”:” 2 tsps”,”name”:” Vadouvan Curry Powder”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25455/ingredient\_images/1601390147-32-0083-2669/1102\_2PRE07\_Chopped\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare & roast the potatoes**”,”step”:” Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Cut the **potatoes** into 1/2-inch-thick rounds. Place on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and enough of the **curry powder** to coat (you may have extra); toss to thoroughly coat. Arrange in an even layer. Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Transfer to a bowl. ”,”img”:” https://media.blueapron.com/recipes/25455/recipe\_steps/48063/1601390604-33-0081-7662/0113\_2PRE07\_Indian-Chicken-Tacos\_278.jpg”},{“number”:”2”,”desc”:” **Prepare the remaining ingredients & make the slaw**”,”step”:” Meanwhile, peel the **ginger**; finely chop to get 2 teaspoons (you may have extra). Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater). Cut out and discard the core of the **cabbage**; thinly slice the leaves. Place in a bowl; add the **tzatziki**. Season with salt and pepper; toss to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired. Cut off and discard the stem of the **pepper**; thinly slice (for a milder dish, remove the ribs and seeds). Thoroughly wash your hands and cutting board immediately after handling. ”,”img”:” https://media.blueapron.com/recipes/25455/recipe\_steps/48064/1601390594-33-0080-7252/0113\_2PRE07\_Indian-Chicken-Tacos\_253\_Web.jpg”},{“number”:”3”,”desc”:” **Cook the chicken**”,”step”:” Pat the **chicken** dry with paper towels; season with salt and pepper. In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the **chopped ginger** and **as much of the sliced pepper as you’d like**, depending on how spicy you’d like the dish to be. Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is browned and cooked through. Turn off the heat. Stir in the **worcestershire sauce**, scraping up any browned bits (or fond) from the pan.”,”img”:” https://media.blueapron.com/recipes/25455/recipe\_steps/48065/1601390580-33-0079-2475/0113\_2PRE07\_Indian-Chicken-Tacos\_303\_Web.jpg”},{“number”:”4”,”desc”:” **Warm the tortillas**”,”step”:” If you prefer to use a microwave, wrap the **tortillas** in a damp paper towel and microwave on high 1 minute, or until heated through. If you prefer to use the oven, wrap the **tortillas** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through. Transfer the warmed tortillas to a work surface and carefully unwrap. ”,”img”:” https://media.blueapron.com/recipes/25455/recipe\_steps/48066/1601390705-32-0089-7460/2P\_Tortilla\_Papertowel\_WEB.jpg”},{“number”:”5”,”desc”:” **Finish & serve your dish**”,”step”:” To the bowl of **roasted potatoes**, add a drizzle of **olive oil** and **as much of the garlic paste as you’d like**; toss to combine. Taste, then season with salt and pepper if desired. Assemble the tacos using the **warmed tortillas**, **slaw**, and **cooked chicken**. Serve the **tacos** with the **finished potatoes** on the side. Enjoy!”,”img”:” <https://media.blueapron.com/recipes/25455/recipe_steps/48067/1601390557-32-0087-8248/0113_2PRE07_Indian-Chicken-Tacos_310_Web.jpg>”}]

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{“id”:10,”title”:” **Smoky Seared Cod**”,”subtitle”:” **with Roasted Potatoes & Date Pan Sauce**”,”time”:” 35 min”,”servings”:” 2 Servings”,”calories”:” 650 Cals/serving”,”image”:” https://media.blueapron.com/recipes/25458/square\_newsletter\_images/1603465765-32-0016-7099/1102\_2P9\_Smoky-Cod\_334\_Web.jpg”,”ingredients”:[{“qty”:”2”,”name”:” Cod Fillets”},{“qty”:”2 oz”,”name”:” Arugula”},{“qty”:”1”,”name”:” Lemon”},{“qty”:”2 cloves”:” Garlic”},{“qty”:“ ¾ lb”,”name”:” Golden Potatoes”},{“qty”:” 2 Tbsps”,”name”:” Sliced Roasted Almonds”},{“qty”:“ 1 oz”,”name”:” Dried Medjool Dates”},{“qty”:” 1”,”name”:” Shallot”},{“qty”:” 2 Tbsps”,”name”:” Butter”},{“qty”:” 1 Tbsp”,”name”:” Sherry Vinegar”},{“qty”:” ¼ cup”,”name”:” Rice Flour”},{“qty”:” 2 tsps”,”name”:” Honey”},{“qty”:” 1 Tbsp”,”name”:”  Smoky Spice Blend (Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder)”}],”ingredientsImg”:” https://media.blueapron.com/recipes/25458/ingredient\_images/1601662645-32-0007-3385/1102\_2PRE09\_large\_feature.png”,”steps”:[{“number”:”1”,”desc”:” **Prepare the ingredients**”,”step”:” Remove the **honey**from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce. Cut the **potatoes** into 1/4-inch-thick rounds. Peel and thinly slice the **shallot**. Peel and roughly chop **2 cloves of garlic**. Pit and roughly chop the **dates**. Quarter and deseed the **lemon**. ”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48076/1601059247-32-0001-3826/313-2PF-Smoky-Seared-Cod-26603\_WEB\_NoGreens.jpg”},{“number”:”2”,”desc”:” **Roast the potatoes**”,”step”:” Place the **potato rounds** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 18 to 20 minutes, or until lightly browned and tender when pierced with a fork. Transfer to a large bowl. ”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48077/1601388787-33-0072-4027/313-2PF-Smoky-Seared-Cod-26605\_WEB.jpg”},{“number”:”3”,”desc”:” **Pickle the shallot**”,”step”:” Meanwhile, in a small pot, combine the **sliced** **shallot**, **honey**(kneading the packet before opening), **vinegar** and **¼ cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until combined and the shallot is coated. Turn off the heat. Set aside to cool at least 10 minutes. Taste, then season with salt and pepper if desired.”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48078/1603465792-32-0018-9062/1102\_2P9\_Smoky-Cod\_321\_web.jpg”},{“number”:”4”,”desc”:” **Coat & start the fish**”,”step”:” Meanwhile, on a large plate, combine the **flour** and **spice blend**. Pat the **fish** dry with paper towels. Season on both sides with salt and pepper. Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour** (shaking off any excess flour). In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot. Add the coated fish. Cook 2 to 3 minutes, or until browned.”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48079/1603465786-32-0017-3965/1102\_2P9\_Smoky-Cod\_310\_web.jpg”},{“number”:”5”,”desc”:” **Make the sauce & finish the fish**”,”step”:” Flip the **fish** and add the **butter**, **chopped garlic**, **chopped dates**, and **1/4 cup of water** (carefully, as the liquid may splatter) to the pan; season with salt and pepper. Cook, occasionally spooning the sauce over the fish, 2 to 4 minutes, or until the fish is coated and cooked through.\* Turn off the heat. Evenly top with **the juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.

\*An instant-read thermometer should register 145°F.”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48080/1603465780-33-0018-2997/1102\_2P9\_Smoky-Cod\_315\_web.jpg”},{“number”:”6”,”desc”:” **Finish the vegetables & serve your dish**”,”step”:” Reserving **2 tablespoons of the shallot pickling liquid**, drain the **pickled shallot**. To the bowl of **roasted potatoes**, add the **arugula**, **pickled shallot**, **reserved pickling liquid**,**the juice of the remaining lemon wedges**, and a drizzle of **olive oil**. Toss to combine. Taste, then season with salt and pepper if desired. Serve the **finished vegetables** topped with the **cooked fish** **and** **sauce**. Garnish with the **almonds**. Enjoy!”,”img”:” https://media.blueapron.com/recipes/25458/recipe\_steps/48081/1601388744-33-0069-4344/313-2PF-Smoky-Seared-Cod-26712\_WEB.jpg”}]

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