

Chicken Parmesan

with Fresh Mozzarella & Spinach-Zucchini Pasta

The preparation “parmigiana,” from which the classic dish “chicken parmesan” takes its name, is as easy to make as it is delicious. It consists of a thinly-sliced cutlet cooked in olive oil, then coated in savory tomato sauce and cheese and lightly baked. With our chicken parm, we’re staying true to tradition, and we’re serving bucatini pasta on the side. Long and chewy, bucatini is incredible combined with spinach and zucchini and flavored with piquant Parmesan.



Ingredients

- 4 5-Ounce Chicken Cutlets
- 8 Ounces Bucatini Pasta
- 1 15-Ounce Can Diced Tomatoes
- 8 Ounces Fresh Mozzarella Cheese
- 8 Ounces Zucchini
- 4 Cloves Garlic
- 3 Ounces Baby Spinach
- 1 Yellow Onion
- 1 Large Bunch Parsley

Knick Knacks

- ¼ Cup All-Purpose Flour
- ¼ Cup Grated Parmesan Cheese

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp78

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Tear the mozzarella cheese into small pieces. Peel and thinly slice the garlic and onion. Thinly slice the zucchini into rounds. Pick the parsley leaves off the stems; discard the stems.

2



Make the sauce:

In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly thickened. Transfer to a bowl and set aside. Wipe out the pan.

3



Coat & brown the chicken:

Place the **flour** on a plate. Pat the **chicken cutlets** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, lightly coat both sides of the cutlets in the flour (tapping off any excess). In the pan used to make the sauce, heat a thin layer of olive oil on medium-high until hot. Add the cutlets; cook 4 to 5 minutes on the first side, or until browned. Flip; cook 1 to 2 minutes, or until browned. Transfer to a sheet pan. Wipe out the pan.

4



Bake the chicken:

Top the **browned chicken cutlets** with the **sauce** and **mozzarella cheese**; season with salt and pepper. Bake 10 to 12 minutes, or until the cheese is melted and lightly browned. Remove from the oven and transfer to a serving dish.

5



Cook the pasta:

While the chicken bakes, add the **pasta** to the pot of boiling water. Cook 7 to 9 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, thoroughly drain the cooked pasta.

6



Finish the pasta & serve your dish:

In the pan used to brown the chicken, heat 1 tablespoon of olive oil on medium-high until hot. Add the **zucchini** and **remaining garlic**. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **cooked pasta**, **spinach**, **Parmesan cheese** and **half the reserved pasta cooking water**. Cook, stirring occasionally, 2 to 3 minutes, or until well combined; season with salt and pepper to taste. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Transfer to a serving dish. Garnish the **finished pasta** and **baked chicken** with the **parsley**. Enjoy!