

# Chicken Parmesan & Bucatini Pasta

*with Fresh Mozzarella & Zucchini*

Chefs, tonight you'll be making an Italian-American favorite: chicken parmesan. Cooking it happens in two steps. First, for delicious crispiness, you'll dredge the chicken in flour and pan-fry it. Then you'll bake it, covered in tomato sauce and topped with fresh mozzarella. A sprinkling of Parmesan is all the dish needs to achieve classic perfection. On the side, we're tossing chewy bucatini—similar to spaghetti, but thicker and hollow in the middle—with spinach and some of the season's first zucchini.

 **Blue Apron Wine Pairing**  
Iris Vineyards Pinot Noir, 2014



## Ingredients

12 Boneless, Skinless Chicken Thighs  
½ Pound Bucatini Pasta  
⅓ Cup All-Purpose Flour  
1 15-Ounce Can Diced Tomatoes  
½ Pound Fresh Mozzarella Cheese  
¼ Cup Grated Parmesan Cheese  
4 Cloves Garlic  
4 Ounces Spinach  
1 Zucchini

**Makes:** 4 servings | **Calories:** about 705 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 30–40 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp275](https://blueapron.com/recipes/fp275)

1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and thinly slice the garlic. Tear the mozzarella cheese into bite-sized pieces. Thinly slice the zucchini into rounds.

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 **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **diced tomatoes**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly thickened. Transfer to a bowl. Rinse and wipe out the pan.

3



## Coat & cook the chicken:

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

4



## Assemble & bake the chicken parmesan:

Evenly top the baking dish of **cooked chicken** 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 let stand for at least 5 minutes before serving.

5



## Cook the pasta:

While the chicken parmesan bakes, add the **pasta** to the pot of boiling water. Cook 7 to 8 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.

6



## Finish the pasta & serve your dish:

In the pan used to cook 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** and **half the reserved pasta cooking water**; season with salt and pepper. Cook, stirring vigorously, 2 to 3 minutes, or until well combined; season with salt and pepper to taste. (If the pasta 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 parmesan** with the **Parmesan cheese**. Enjoy!