

# Seared Chicken & Fregola Sarda

*with Salsa Verde, Corn & Tomato*

In tonight's pasta dish, inspired by rustic Italian fare, fregola sarda acts as the perfect counterpoint to our summer vegetables. The tender bite of these little pearls meets the juicy crunch of sautéed corn for a delicious contrast in texture. On top, an Italian salsa verde—a simple, flavorful green sauce, brightened up here with a little red wine vinegar—adds another satisfying pop to our crispy-skinned chicken.

## Blue Apron Wine Pairings

Ombra del Tempio Nero d'Avola, 2014

Ventana Vineyards Sauvignon Blanc, 2013



## Ingredients

2 Boneless, Skin-On Chicken Breasts  
¾ Cup Fregola Sarda Pasta  
3 Cloves Garlic  
1 Ear of Corn  
1 Plum Tomato  
1 Bunch Parsley

## Knick Knacks

1 Tablespoon Capers  
1 Tablespoon Red Wine Vinegar  
¼ Cup Grated Parmesan Cheese  
¼ Teaspoon Crushed Red Pepper Flakes

**Makes:** 2 servings | **Calories:** about 745 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 25–35 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/951](https://blueapron.com/recipes/951)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Finely chop the capers. Finely chop the parsley leaves and stems. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Core and small dice the tomato.

2



## Make the salsa verde:

In a bowl, combine the **vinegar, capers, parsley, half the cheese** and **¼ of the garlic paste**. Slowly stir in enough olive oil to create a rough paste; season with salt and pepper to taste.

3



## Cook the pasta:

Add the **pasta** to the pot of boiling water and cook, uncovered, 8 to 10 minutes, or until tender. Reserving **¼ cup of the pasta cooking water**, drain thoroughly.

4



## Cook the vegetables:

While the pasta cooks, in a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **tomato, remaining garlic paste** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

5



## Cook the chicken:

While the pasta continues to cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down, and cook 5 to 7 minutes per side, or until browned and cooked through. Transfer to a cutting board, leaving any browned bits (or fond) in the pan, and set aside in a warm place.

6



## Finish the pasta & plate your dish:

Add the **cooked pasta, cooked vegetables** and **reserved pasta cooking water** to the pan. Cook on medium-high, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thoroughly combined and heated through. Remove from heat and season with salt and pepper to taste. Cut the **cooked chicken** crosswise into thirds. Divide the finished pasta and chicken between 2 dishes. Top the chicken with the **salsa verde**. Garnish with the **remaining cheese**. Enjoy!