

# Chicken & Asparagus Rollatini

with Fresh Basil Fettuccine

**PREP TIME:** 10 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 4

Rollatini is an Italian-American dish of chicken breasts rolled around a filling and baked. For our filling, we're making a briny, savory spread of capers, garlic, and parmesan cheese. We're also blanching and shocking asparagus—boiling it briefly, then plunging it into ice water to preserve its crisp texture and flavor. Fresh basil-infused fettuccine, tossed with sautéed spinach, makes for a hearty, delicately flavored pairing.



## BLUE APRON WINE PAIRING:

Dancing Crow Sauvignon Blanc, 2016

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## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



8  
WOODEN  
SKEWERS



10 oz  
FRESH BASIL  
FETTUCCINE  
PASTA



2 cloves  
GARLIC



1 bunch  
ASPARAGUS



½ lb  
SPINACH

## KNICK KNACKS:



2 Tbsp  
BUTTER



1 ½ Tbsp  
CAPERS



2 Tbsp  
CRÈME FRAÎCHE



⅓ cup  
GRATED  
PARMESAN  
CHEESE



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## 1 Prepare the ingredients & make the caper-garlic paste:

- ☐ Preheat the oven to 475°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the tough, woody stem ends of the asparagus.
- ☐ Roughly chop the capers.
- ☐ Peel and roughly chop the garlic.
- ☐ In a bowl, combine the **capers**, **half the garlic**, and **half the cheese**. Slowly stir in **1 tablespoon of olive oil** to create a rough paste; season with salt and pepper to taste.



## 2 Blanch & shock the asparagus:

- ☐ Fill a medium bowl with ice water and **a pinch of salt**. Set aside. To the pot of boiling water, add the **asparagus**. Cook, stirring frequently, 30 seconds to 1 minute, or until bright green and slightly softened.
- ☐ Leaving the pot of water boiling, using a slotted spoon (or tongs), transfer the cooked asparagus directly to the bowl of ice water. Let stand until cool. Drain thoroughly and pat dry with paper towels.

## 3 Assemble & bake the rollatini:

- ☐ While the asparagus cools, oil a sheet pan with **2 teaspoons of olive oil**. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Place on the prepared sheet pan.
- ☐ Evenly top the seasoned chicken with the **caper-garlic paste**. Place the **shocked asparagus** on top crosswise. Tightly roll up each chicken breast around the asparagus; thread **2 skewers** through the center of each rollatini to keep intact. Arrange seam side down.
- ☐ Bake 14 to 16 minutes, or until cooked through. Remove from the oven and transfer to a cutting board; let rest for at least 5 minutes.



## 4 Cook the spinach:

- ☐ Once the rollatini have baked for about 10 minutes, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **spinach** and **remaining garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Turn off the heat; season with salt and pepper to taste.

## 5 Cook the pasta:

- ☐ While the rollatini rest, using your hands, carefully separate the strands of the **pasta** and add to the pot of boiling water. Cook 2 to 3 minutes, or until just shy of al dente (still slightly firm to the bite). Turn off the heat. Reserving **¾ cup of the pasta cooking water**, drain thoroughly and return to the pot.



## 6 Finish & serve your dish:

- ☐ Add the **cooked spinach**, **crème fraîche**, **butter**, and **half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat; season with salt and pepper to taste.
- ☐ Divide the finished pasta among 4 dishes. Carefully remove and discard the skewers from the **baked rollatini**; cut in half crosswise. Top the pasta with the rollatini. Garnish with the **remaining cheese**. Enjoy!