Chicken Parmesan

with Summer Squash & Cheesy Garlic Breadsticks

PREP TIME: 15 minutes
COOK TIME: 30-40 minutes

SERVINGS: 4

Few things hit the spot quite like classic chicken parm. Tonight, we're simplifying the dish for quicker cooking: rather than breading and frying the chicken first, we're cooking it in a pan with the tomato sauce, then transferring it to a baking dish and topping it with panko and two kinds of cheese. To serve on the side, we're also making our own breadsticks—hand-rolled, baked, and finished with zesty garlic oil—and simply sautéing summer squash. (Chefs, yours may be green or grey zucchini, or yellow squash.)



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1½ lbs CHICKEN TENDERS



2 cloves GARLIC



1/2 lb PLAIN PIZZA DOUGH



2 SUMMER SQUASH



1 8-oz can TOMATO SAUCE



1 RED ONION



1/2 lb FRESH MOZZARELLA CHEESE



1 bunch BASIL

KNICK KNACKS:



2/3 cup PANKO BREADCRUMBS



1/3 cup GRATED PARMESAN CHEESE

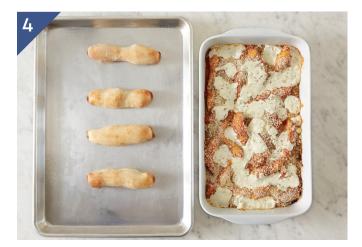
















1 Prepare the ingredients:

- $\ \ \square$ Remove the dough from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- Peel and small dice the onion.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- Tear the mozzarella cheese into bite-sized pieces.
- ☐ Halve the squash lengthwise; cut crosswise into 1-inch-thick pieces.
- ☐ Pick the basil leaves off the stems; discard the stems.

2 Cook the chicken & make the sauce:

□ Pat the **chicken** dry with paper towels; season with salt and pepper. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken in a single layer; cook, without stirring, 4 to 5 minutes on the first side, or until lightly browned. Flip the chicken and add the **onion** and **half the garlic paste**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **tomato sauce** and ¼ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly thickened and the chicken is cooked through. Season with salt and pepper to taste. Transfer to a baking dish in an even layer. Rinse and wipe out the pan.

3 Prepare the breadsticks & chicken parmesan:

- ☐ While the chicken and sauce cook, lightly oil a sheet pan. Divide the **dough** into 4 equal-sized balls. On a dry work surface, using your hands, roll each ball into a log about 6 inches long. (If the dough is resistant, let rest for 5 minutes.) Transfer to the prepared sheet pan. Using your fingers, press both ends of each log into the sheet pan to adhere.
- ☐ Top the cooked chicken and sauce with the breadcrumbs, mozzarella cheese, and half the parmesan cheese. Season with salt and pepper.

4 Bake the breadsticks & chicken parmesan:

☐ Bake the **breadsticks** and **chicken parmesan** 14 to 16 minutes, or until the breadsticks are lightly browned and the mozzarella cheese has melted. Remove from the oven.

5 Cook the squash:

☐ While the breadsticks and chicken parmesan bake, in the pan used to cook the chicken and sauce, heat 1 tablespoon of olive oil on medium-high until hot. Add the **squash**. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 4 to 6 minutes, or until browned and softened. Transfer to a serving dish. Drizzle with olive oil and season with salt and pepper to taste. Garnish with **half the basil** (tearing the leaves just before adding).

6 Finish the breadsticks & serve your dish:

☐ In a large bowl, combine 2 tablespoons of olive oil and as much of the remaining garlic paste as you'd like; season with salt and pepper. Add the baked breadsticks; stir to coat. Letting any excess oil drip off, transfer to a serving dish. Garnish with the remaining parmesan cheese. Garnish the baked chicken parmesan with the remaining basil (tearing the leaves just before adding). Serve with the finished breadsticks and cooked squash on the side. Enjoy!