

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.)



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Crisp & Minerally

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Ingredients



1 1/2 lbs
CHICKEN
TENDERS



1/2 lb
PLAIN PIZZA
DOUGH



1 8-oz can
TOMATO SAUCE



1/2 lb
FRESH
MOZZARELLA
CHEESE



2 cloves
GARLIC



2
SUMMER SQUASH



1
RED ONION



1 bunch
BASIL

KNICK KNACKS:



2/3 cup
PANKO
BREADCRUMBS



1/3 cup
GRATED
PARMESAN
CHEESE



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1 Prepare the ingredients:

- ☐ 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!