

Seared Chicken & Pasta Salad

with Lemon-Caper Sauce

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Thanks to its nutty flavor and small, round shape, fregola sarda—made from toasted semolina—is a uniquely delicious option for pasta salads. Here, as a seasonal side for pan-seared chicken, we're tossing fregola sarda with sautéed summer vegetables and a rich, tangy sauce made from butter, lemon, and briny capers. (Note that depending on what's best near you, you may receive green or grey zucchini, or yellow squash.)



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Light & Fresh

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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2/3 cup
FREGOLA SARDA
PASTA



4 oz
SWEET PEPPERS



2 cloves
GARLIC



1
LEMON



1
SUMMER SQUASH



1 bunch
PARSLEY

KNICK KNACKS:



2 Tbsp
BUTTER



1 Tbsp
CAPERS



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the squash.
- ☐ Cut off and discard the pepper stems; halve lengthwise, then remove and discard the ribs and seeds. Thinly slice the peppers crosswise.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the capers.
- ☐ Quarter and deseed the lemon.
- ☐ Roughly chop the parsley leaves and stems.



2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook 14 to 16 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and return to the pot. Set aside in a warm place.



3 Cook the vegetables:

- ☐ While the pasta cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned.
- ☐ Add the **peppers** and **garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until softened and fragrant.
- ☐ Transfer to a plate; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.



4 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 and cook 5 to 7 minutes per side, or until lightly browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



5 Make the sauce:

- ☐ To the pan of reserved fond, add the **butter**, **capers**, and the **juice of 2 lemon wedges**.
- ☐ Cook on medium-high, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until the butter has melted and the sauce is thoroughly combined. Turn off the heat.



6 Make the pasta salad & plate your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked vegetables**, **half the parsley**, and the **sauce**. Stir to combine and season with salt and pepper to taste.
- ☐ Cut the **cooked chicken** crosswise into 1-inch-thick pieces.
- ☐ Divide the chicken and pasta salad between 2 dishes. Garnish with the **remaining parsley** and **remaining lemon wedges**. Enjoy!