

Italian Chicken & Prosciutto Panzanella

with Lemon-Caper Mayo

ORIGIN

Panzanella (or Italian bread salad) originated in Tuscany, where people made use of stale bread by soaking it in olive oil, then tossing it with fresh tomatoes and more for a vibrant, delicious salad.

INGREDIENT IN FOCUS

Prosciutto is an Italian dry-cured ham made from high quality pork legs—salt-cured to remove excess moisture, then dry-aged anywhere from 9 to 34 months. The combination of salt, air, and time is what gives prosciutto the rich flavor and buttery texture it's prized for.



PREMIUM

4 SERVINGS

50-60 MINS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
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Ingredients

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| | 4 Boneless, Skinless Chicken Breasts |
| | 3 oz Prosciutto |
| | 2 Small Baguettes |
| | 4 Persian Cucumber |
| | 8 oz Multicolored Grape Tomatoes |
| | 6 oz Green Beans |

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| | 1 bunch Parsley |
| | 1 Shallot |
| | 1/4 cup Mayonnaise |
| | 1 Tbsp Capers |
| | 1 Tbsp Red Wine Vinegar |
| | 1/2 lb Fresh Mozzarella Cheese |

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| | 1 oz Castelvetrano Olives |
| | 1 tsp Lemon Purée |
| | 1 Tbsp Italian Seasoning* |



1 Prepare the ingredients & make the lemon-caper mayo:

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **baguettes**.
- Cut off and discard the stem ends of the **green beans**; halve crosswise.
- Halve the **tomatoes**.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Peel and thinly slice the **shallot**.
- Pit and roughly chop the **olives**.
- In a large bowl, combine the **halved tomatoes**, **sliced cucumbers**, **sliced shallot**, **chopped olives**, **vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper. Toss to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Tear the **mozzarella** into small pieces.
- Remove the plastic lining between the slices of **prosciutto**.
- Roughly chop the **capers**.
- In a bowl, combine the **lemon purée**, **chopped capers**, and **mayonnaise**.
- Roughly chop the **parsley** leaves and stems.

2 Make the croutons:

- Line a sheet pan with foil.
- Place the **diced baguettes** on the sheet pan. Drizzle with **olive oil** and season with salt, pepper, and **half the Italian seasoning**; toss to coat. Arrange in an even layer.
- Toast in the oven 10 to 12 minutes, or until lightly browned and crispy. Remove from the oven.

3 Cook the green beans & finish the vegetables:

- Meanwhile, in a large pan (nonstick, if you have), heat **1/2 teaspoon of olive oil** on medium-high until hot.
- Add the **halved green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the green beans are tender and the water has cooked off.
- Transfer to the bowl of **marinated vegetables**. Wipe out the pan.

4 Cook the chicken:

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **remaining Italian seasoning**.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.** Transfer to a cutting board.

5 Make the panzanella & serve your dish:

- Add the **mozzarella pieces** and **croutons** to the bowl of **finished vegetables**; toss to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **lemon-caper mayo** and **panzanella**. Top the panzanella with the **chopped parsley** and **prepared prosciutto** (tearing into bite-sized pieces before adding). Enjoy!

**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 720, Total Carbohydrates: 33g, Dietary Fiber: 4g, Added Sugar: 0g, Total Fat: 38g, Saturated Fat: 12g, Protein: 61g, Sodium: 1690mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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