

Basil Pesto Chicken

with Summer Vegetable Panzanella

TIME: 35-45 minutes

SERVINGS: 4

Tonight, a fresh, simple pesto accompanies pan-seared chicken. We're stirring chopped basil together with olive oil, parmesan, and garlic to create this classic Italian sauce. As for our side, we're making a panzanella—or Tuscan bread salad—by tossing sautéed summer squash, peas, and islander pepper with croutons and capers in a bright, creamy lemon dressing.



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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



1 piece
PUGLIESE BREAD



2
SUMMER SQUASH



1 clove
GARLIC



1 1/2 oz
SWEET PIQUANTE
PEPPERS



1 Tbsp
CAPERS



3 Tbsp
ROASTED
ALMONDS



1
ISLANDER PEPPER



1
LEMON



6 oz
ENGLISH PEAS



1 bunch
BASIL



1/4 cup
MAYONNAISE



1/4 cup
GRATED
PARMESAN
CHEESE



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1 Prepare the ingredients & make the lemon mayonnaise:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the bread.
- ☐ Shell the peas.
- ☐ Medium dice the squash.
- ☐ Cut off and discard the stem end of the islander pepper. Halve lengthwise, then remove and discard the ribs and seeds; thinly slice lengthwise.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Roughly chop the almonds.
- ☐ Roughly chop the piquante peppers.
- ☐ Quarter and deseed the lemon.
- ☐ In a bowl, combine the **mayonnaise** and the **juice of all 4 lemon wedges**; season with salt and pepper to taste.

2 Make the croutons:

- ☐ Place the **bread** on a sheet pan. Drizzle with 2 teaspoons of olive oil and season with salt and pepper; toss to coat. Arrange in a single layer.
- ☐ Toast in the oven, stirring halfway through, 11 to 13 minutes, or until browned and crispy. Remove from the oven. Set aside to cool.

3 Cook the vegetables:

- ☐ While the bread toasts, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **peas** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add $\frac{1}{4}$ **cup of water**. Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off. Add the **squash** and **islander pepper**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened. Transfer to a large bowl and season with salt and pepper to taste. Wipe out the pan.

4 Make the pesto:

- ☐ While the vegetables cook, pick the **basil** leaves off the stems; discard the stems. Finely chop the leaves; place in a bowl. Add the **cheese** and **as much of the garlic paste as you'd like**. Slowly stir in enough olive oil to create a rough paste. Season with salt and pepper to taste.

5 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through. Transfer to a cutting board.

6 Make the salad & serve your dish:

- ☐ While the chicken cooks, to the bowl of **cooked vegetables**, add the **croutons**, **almonds**, **piquante peppers**, **capers**, **lemon mayonnaise**, and a drizzle of olive oil; season with salt and pepper. Stir to combine; season with salt and pepper to taste.
- ☐ Slice the **cooked chicken** crosswise. Divide the sliced chicken and salad among 4 dishes. Garnish the chicken with the **pesto**. Enjoy!

