Garlic-Caper Chicken

with Creamy Calabrian Zucchini & Orzo

(1) 30-40 MINS

2 SERVINGS

In this Italian-style dish, a duo of aromatic garlic and briny capers-cooked briefly together to bring out their flavors-creates a simple, irresistible topping for our oreganoseasoned chicken. It all comes together over tender orzo pasta mixed with zucchini, which we're sautéing with a bit of Calabrian chile paste for a pleasant kick of heat.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



BONELESS, SKINLESS CHICKEN **BREASTS**



ORZO PASTA



LEMON





ZUCCHINI



1/4 cup GRATED PARMESAN OR ROMANO CHEESE



CAPERS





2 cloves GARLIC



2 Tbsps CRÈME FRAÎCHE



1 ½ tsps CALABRIAN CHILE PASTE



WHOLE DRIED OREGANO



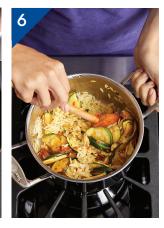












NUTRITION PER SERVING (AS PREPARED)* Calories: 580, Total Carbohydrates: 52g, Dietary Fiber: 5g,

1 Prepare the ingredients:

- ☐ Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop 2 cloves of garlic.
- ☐ Roughly chop the capers.
- Quarter and deseed the **lemon**.

2 Cook the pasta:

- Add the pasta to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.

3 Cook the zucchini:

- ☐ Meanwhile, in a medium pan (nonstick, if you have one), heat 1/2 teaspoon of olive oil on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- ☐ Add half the chopped garlic and as much of the chile paste as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and the zucchini is softened.
- Transfer to a plate; cover with foil to keep warm. Rinse and wipe out the pan.

4 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In the same pan, heat 1/2 teaspoon of olive oil on medium-high until hot.
- $\hfill \Box$ Add the seasoned chicken and cook 6 to 7 minutes per side, or until browned and cooked through.**
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.

5 Make the garlic-caper topping:

- ☐ In the pan of reserved fond, heat 1/2 teaspoon of olive oil on medium-high until hot.
- Add the **chopped capers** and **remaining chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- ☐ Turn off the heat and stir in the juice of 2 lemon wedges.

6 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked zucchini**, **crème fraîche**, and **the juice of the remaining lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the sliced chicken over the finished pasta. Top the chicken with the garlic-caper topping. Garnish with the cheese. Enjoy!

Added Sugar: 0g, Total Fat: 19g, Saturated Fat: 8g, Protein: 50g, Sodium: 1070mg.

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