

Garlic-Caper Chicken

with Creamy Calabrian Zucchini & Orzo

🕒 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 oregano-seasoned 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.



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Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKINLESS CHICKEN
BREASTS



1
LEMON



1
ZUCCHINI



¼ cup
GRATED
PARMESAN OR
ROMANO CHEESE



1 Tbsp
CAPERS



4 oz
ORZO PASTA



2 cloves
GARLIC



2 Tbsps
CRÈME FRAÎCHE



1 ½ tsps
CALABRIAN CHILE
PASTE



1 tsp
WHOLE DRIED
OREGANO



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients:

- ☐ Fill a medium pot $\frac{3}{4}$ 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 $\frac{1}{2}$ **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 $\frac{1}{2}$ **teaspoon of olive oil** on medium-high until hot.
- ☐ 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 $\frac{1}{2}$ **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!



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

NUTRITION PER SERVING (AS PREPARED)* Calories: 580, Total Carbohydrates: 52g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 19g, Saturated Fat: 8g, Protein: 50g, Sodium: 1070mg.

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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