

# Garlic-Caper Chicken

with Fettuccine & Zucchini

🕒 30-40 MINS | 4 SERVINGS

In this hearty chicken dish, strands of fettuccine pasta are elevated by a lightly creamy sauce (made with butter and a bit of tangy crème fraîche). A duo of aromatic garlic and briny capers, quickly cooked together to bring out their flavors, is a simple, irresistible topping for it all.



## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



3/4 lb  
FETTUCCINE  
PASTA



0.7 oz  
GRANA PADANO  
CHEESE



4 Tbsps  
BUTTER



2 Tbsps  
CRÈME FRAÎCHE



2  
ZUCCHINI



2 cloves  
GARLIC



1 Tbsp  
CAPERS



1 Tbsp  
ITALIAN  
SEASONING\*

\*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



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



## 1 Prepare the ingredients:

- ☐ Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the **zucchini**; halve lengthwise, then thinly slice crosswise.
- ☐ Peel and roughly chop **2 cloves of garlic**.
- ☐ Roughly chop the **capers**.
- ☐ Grate the **cheese** on the small side of a box grater.

## 2 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat **1 tablespoon 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. Loosely cover with foil to keep warm.



## 3 Cook the pasta:

- ☐ Meanwhile, add the **pasta** to the pot of boiling water and cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Reserving  $\frac{1}{2}$  **cup of the pasta cooking water**, drain thoroughly and return to the pot.

## 4 Cook the zucchini:

- ☐ In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- ☐ Add the **sliced zucchini**, **Italian seasoning**, and **half the chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- ☐ Transfer to a bowl and wipe out the pan.



## 5 Make the garlic-caper topping:

- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **chopped capers** and **remaining chopped garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened. Turn off the heat.



## 6 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked zucchini**, **butter**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- ☐ Turn off the heat and stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- ☐ Slice the **cooked chicken** crosswise.
- ☐ Serve the **finished pasta** topped with the **sliced chicken**. Top the chicken with the **garlic-caper topping**. Garnish with the **grated cheese**. Enjoy!

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



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 730, Total Carbohydrates: 69g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 27g, Saturated Fat: 12g, Protein: 52g, Sodium: 1040mg.

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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