Garlic-Caper Chicken

with Fettuccine & Zucchini

(1) 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



BONELESS, **SKINLESS** CHICKEN BREASTS



ZUCCHINI



3/4 lb **FETTUCCINE PASTA**



2 cloves GARLIC



0.7 oz **GRANA PADANO** CHEESE



1 Tbsp CAPERS



4 Tbsps BUTTER





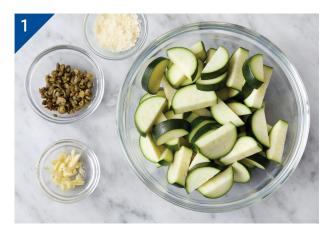
1 Tbsp ITALIAN SEASONING*





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















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

1 Prepare the ingredients:

- \hfill a large pot $3\!4$ 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 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!



NUTRITION PER SERVING (AS PREPARED)* Calories: 730, Total Carbohydrates: 69g, Dietary