

# Creamy Chicken & Pepper Pasta

with Capers & Parmesan

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



In this vibrant pasta dish, we're bringing together seared chicken and sweet peppers with a rich, creamy sauce, which gets deliciously varied flavors and textures from Calabrian chile paste, roasted red peppers, and briny capers.

## Ingredients

-  1 ½ lbs Chopped Chicken Breast
-  1 8-oz can Tomato Sauce
-  ¾ lb Ellicoidali Pasta
-  ½ lb Sweet Peppers
-  1 Sweet or Yellow Onion
-  2 cloves Garlic
-  2 oz Sliced Roasted Red Peppers
-  1 Tbsp Capers
-  1 ½ tps Calabrian Chile Paste
-  ¼ cup Grated Parmesan Cheese
-  2 Tbsps Butter
-  ½ cup Cream
-  2 Tbsps Tomato Paste



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients & start the sauce

- 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 **sweet peppers**; cut off and discard the stems. Remove the cores, then thinly slice into rings.
- Halve, peel, and medium dice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **roasted peppers**.
- In a bowl, combine the **diced onion, chopped garlic, chopped roasted peppers, and capers**.
- In a separate, medium bowl, whisk together the **tomato sauce,  $\frac{1}{2}$  cup of water, 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.



## 2 Cook the chicken & peppers

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large, high-sided pan (or pot), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced sweet peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the peppers are softened and the chicken is browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 3 Finish the sauce

- In the pan of reserved fond, heat the **butter** on medium-high until melted.
- Add the **prepared onion mixture**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Add the **tomato paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.



## Step 3 continued:

- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until the sauce is thickened.
- Slowly whisk in the **cream**. Cook, whisking constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.

## 4 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 10 to 12 minutes, or until al dente (still slightly firm to the bite).
- Turn off the heat. Reserving  **$\frac{1}{4}$  cup of the pasta cooking water**, drain thoroughly and return to the pot.



## 5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked chicken and peppers, finished sauce, and half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 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. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **cheese**. Enjoy!



## NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 750, Total Carbohydrates: 81g, Dietary Fiber: 7g, Added Sugars: 0g, Total Fat: 28g, Saturated Fat: 12g, Protein: 42g, Sodium: 1390mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Share your photos with #blueapron

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC  
New York, NY 10005

