

Chicken & Lemon-Caper Sauce

with Orzo Pasta & Broccoli

TIME: 35-45 minutes

SERVINGS: 4

We're making a piccata-style sauce tonight with garlic, lemon juice, capers, and butter, creating a rich, bright topping for our chicken. (Cooking the sauce in the same pan used to sear the chicken gives it another layer of flavor.) Orzo, a rice-shaped pasta, offers hearty chew to complement plump tomatoes and tender broccoli.



MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



1/2 lb
ORZO PASTA



6 oz
HERITAGE GLOBE
OR COCKTAIL
TOMATOES



3 Tbsps
ALL-PURPOSE
FLOUR



3 Tbsps
CRUMBLed FETA
CHEESE



1
LEMON



1/2 lb
BROCCOLI



2 cloves
GARLIC



2 Tbsps
BUTTER



2 tsps
CAPERS



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the broccoli stem. Cut the broccoli into small pieces.
- ☐ Quarter the tomatoes; place in a bowl and season with salt and pepper.
- ☐ Peel and roughly chop the garlic.
- ☐ Quarter and deseed the lemon.



2 Blanch & shock the broccoli:

- ☐ Fill a large bowl with ice water; add a **pinch of salt**. Set aside. Add the **broccoli** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly softened.
- ☐ Leaving the pot of water boiling, using a slotted spoon or strainer, immediately transfer the blanched broccoli to the bowl of ice water. Let stand until completely cool. Drain thoroughly and pat dry with paper towels.



3 Cook the pasta:

- ☐ Add the **pasta** to the same pot of boiling water; cook 7 to 9 minutes, or until just shy of al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Reserving ½ **cup of the pasta cooking water**, drain thoroughly and return to the pot.



4 Coat & cook the chicken:

- ☐ While the pasta cooks, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour (tapping off any excess).
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the coated chicken and cook 4 to 6 minutes per side, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Set aside in a warm place.



5 Finish the pasta:

- ☐ While the chicken cooks, to the pot of **cooked pasta**, add the **seasoned tomatoes, shocked broccoli, half the reserved pasta cooking water**, and a drizzle of olive oil; season with salt and pepper.
- ☐ Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until thoroughly combined. (If the pasta seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat; season with salt and pepper to taste.



6 Make the sauce & serve your dish:

- ☐ Add the **garlic** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 1 tablespoon of olive oil.) Cook on medium-high, stirring frequently, 1 to 2 minutes, or until lightly browned and fragrant.
- ☐ Add the **capers, butter, ¼ cup of water**, and the **juice of all 4 lemon wedges** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until the butter has melted and the sauce is slightly thickened. Turn off the heat. Season with salt and pepper to taste.
- ☐ Slice the **cooked chicken** crosswise. Divide the **finished pasta** and cooked chicken among 4 dishes. Top the chicken with the sauce. Garnish the pasta with the **cheese**. Enjoy!