

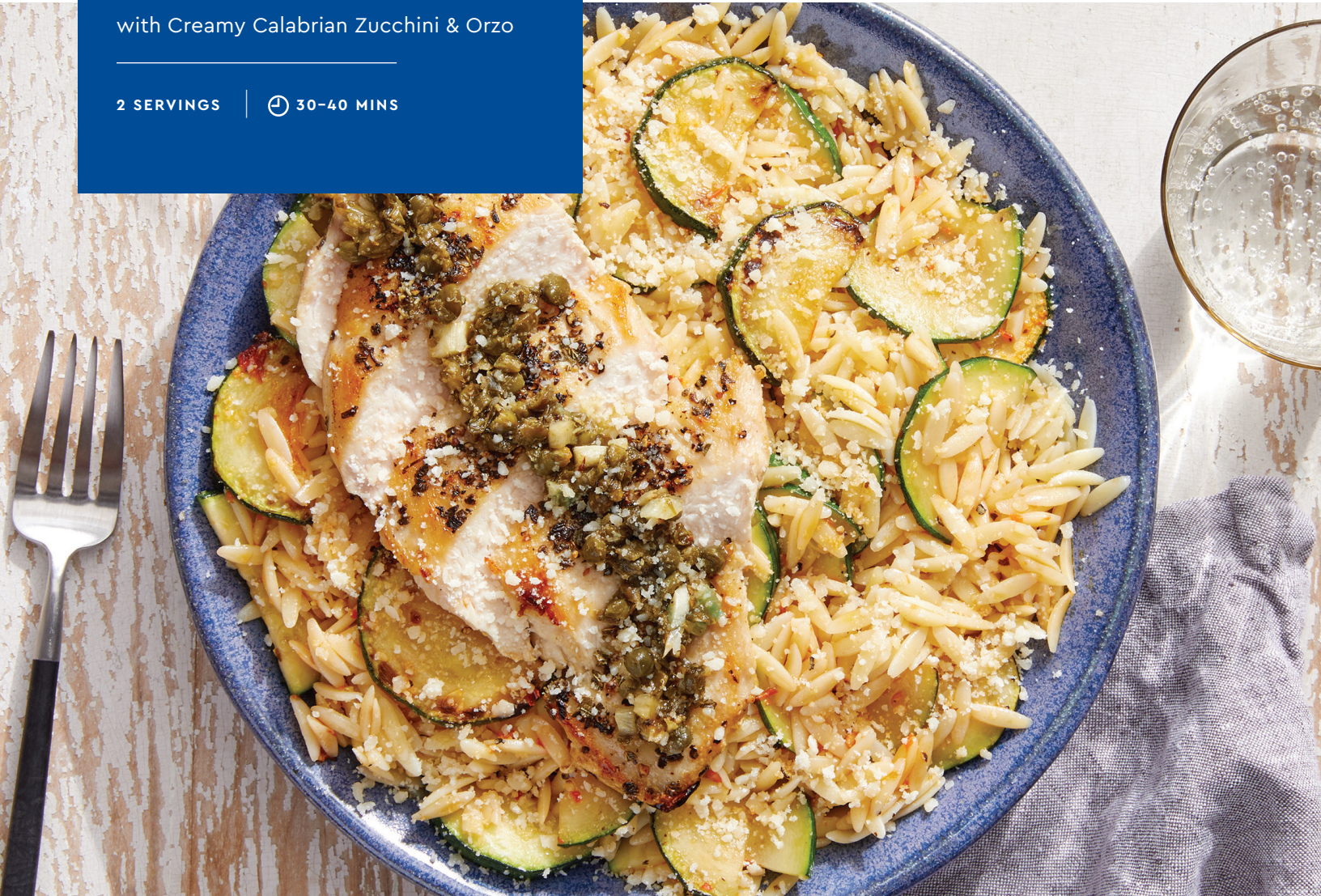
Garlic-Caper Chicken

with Creamy Calabrian Zucchini & Orzo

2 SERVINGS











⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



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 and tender orzo.

Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  4 oz Orzo Pasta
-  2 cloves Garlic
-  1 Lemon
-  1 Zucchini
-  2 Tbsps Crème Fraîche
-  ¼ cup Grated Parmesan Cheese
-  1 ½ tps Calabrian Chile Paste
-  1 Tbsp Capers
-  1 tsp Whole Dried Oregano



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.
blueapron.com/wine

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 **2 teaspoons 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 **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. 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 **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped capers** and **remaining chopped garlic**. Cook, stirring constantly, 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: 670, Total Carbohydrates: 52g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 29g, Saturated Fat: 9g, Protein: 50g, Sodium: 1070mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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