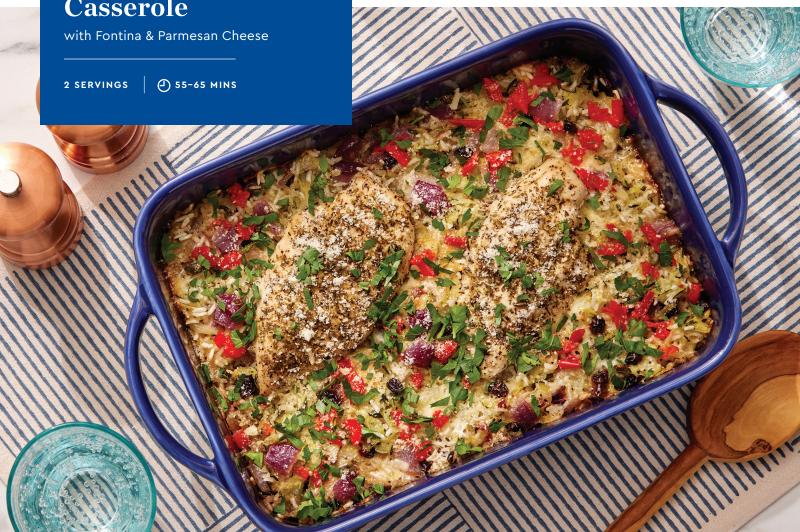
Baked Chicken & Zucchini Rice Casserole

Blue Apron

blueapron.com



Ingredients



2 Boneless, Skinless Chicken Breasts



1 Zucchini



2 oz Fontina Cheese



2 Tbsps Dried Currants



1/4 tsp Crushed Red Pepper Flakes



½ cup Long Grain White Rice



2 cloves Garlic



1/4 cup Grated Parmesan Cheese



1 Tbsp Capers



1 Red Onion



1 bunch Parsley



1/2 oz Pickled **Peppadew Peppers**



1 Tbsp Italian Seasoning¹



Prepare & start the onion

- · Place an oven rack in the center of the oven; preheat to 450°F.
- Halve, peel, and medium dice the onion.
- Transfer to a small baking dish. Drizzle with olive oil and season with salt and pepper; stir to coat. Arrange in an even layer.
- Bake 5 to 6 minutes, or until lightly browned. Leaving the oven on, remove from oven.



2 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Grate the zucchini on the large size of a box grater. Transfer to a large bowl and season with salt and pepper.
- Peel 2 cloves of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- Grate the **fontina** on the large side of a box grater.



designed for easier cleanup no extra prep bowls needed!

3 Season the chicken

• Pat the chicken dry with paper towels; season on both sides with salt, pepper, and the Italian seasoning.



4 Assemble & bake the casserole

- To the bowl of grated zucchini, add the rice, garlic paste, capers, currants, half the grated fontina, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Stir to combine.
- Transfer to the baking dish of baked onion. Add 1/3 cup of water; season with salt and pepper. Stir to thoroughly combine. Spread into an even layer.
- Evenly top with the **remaining grated fontina**, then with the **seasoned chicken**. Cover the baking dish with foil.
- Bake 40 to 45 minutes, or until the rice is tender and chicken is cooked through.*
- Remove the foil and continue to bake 3 to 5 minutes, or until the chicken is lightly browned.
- Remove from the oven. Let stand at least 2 minutes before serving.

5 Finish & serve your dish

- Meanwhile, roughly chop the peppers.
- Roughly chop the parsley leaves and stems.
- Serve the baked casserole topped with the parmesan, chopped peppers, and chopped parsley. Enjoy!



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

