

# Baked Chicken & Zucchini Rice Casserole

with Fontina & Parmesan Cheese

2 SERVINGS

⌚ 55-65 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



2 Boneless, Skinless Chicken Breasts



1 Zucchini



2 oz Fontina Cheese



2 Tbsps Dried Currants



¼ tsp Crushed Red Pepper Flakes



½ cup Long Grain White Rice



2 cloves Garlic



¼ cup Grated Parmesan Cheese



1 Tbsp Capers



1 Red Onion



1 bunch Parsley



½ oz Pickled Peppadew Peppers



1 Tbsp Italian Seasoning<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

<sup>1</sup>. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



## 1 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.



This recipe was 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.