

# Za'atar Chicken & Roasted Squash

with Salsa Verde Orzo

4 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com




## Ingredients


 4 Boneless, Skinless Chicken Breasts

 2 Tbsps Roasted Pistachios

 1/3 cup Salsa Verde

 2 Poblano Peppers

 1/2 lb Orzo Pasta


 1 1/2 oz Feta Cheese

 2 tsps Honey

 1 Tbsp Za'atar Seasoning<sup>2</sup>

 1 Delicata Squash

 1/2 cup Tzatziki<sup>1</sup>

 2 Tbsps Fromage Blanc



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

1. cucumber-yogurt sauce 2. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



### 1 Prepare & roast the squash

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into  $\frac{1}{2}$ -inch pieces.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



### 2 Prepare the remaining ingredients

- Meanwhile, roughly chop the **pistachios**.
- Cut off and discard the stems of the **peppers**; remove the cores, then medium dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.



### 3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **all but a pinch of the za'atar**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon 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.



### 4 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



### 5 Cook the peppers & finish the pasta

- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **diced peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Turn off the heat. Transfer to the pot of **cooked pasta**; add the **salsa verde** and **fromage blanc**. Stir to thoroughly combine.
- Taste, then season with salt and pepper if desired.



### 6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **roasted squash** and **finished pasta**. Top the chicken with the **tzatziki**. Top the squash with the **honey** (kneading the packet before opening), **cheese** (crumbling before adding), **chopped pistachios**, and **remaining za'atar**. Enjoy!



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

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

Calories: 690, Total Carbohydrates: 62g, Dietary Fiber: 6g, Added Sugars: 3g, Total Fat: 26g, Saturated Fat: 6g, Protein: 52g, Sodium: 1290mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



110920, FP