

Cheesy Chicken & Pesto Spaghetti Squash

with Bread & Red Pepper Butter

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients



4 Boneless, Skinless Chicken Breasts



1 Spaghetti Squash



¼ cup Grated Parmesan Cheese



1 oz Sliced Roasted Red Peppers



2 Sandwich Rolls



4 oz Grape Tomatoes



⅓ cup Basil Pesto



4 oz Shredded Fontina Cheese



2 oz Arugula



1 oz Balsamic-Marinated Cipolline Onions



2 Tbsps Butter



Serve with Blue Apron wine that has this symbol
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1 Prepare & cook the squash

- Remove the **butter** from the refrigerator to soften.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **olive oil**; season with salt and pepper.



• Microwave **or** oven:

MICROWAVE: Working in two batches if necessary, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with $\frac{1}{2}$ inch of **water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.

OVEN: Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down. Roast 25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

- Transfer the **cooked squash** to a large bowl to cool slightly.

2 Prepare the remaining ingredients

- Meanwhile, roughly chop the **onions**.
- Halve the **bread** horizontally.
- Finely chop the **peppers**.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper.



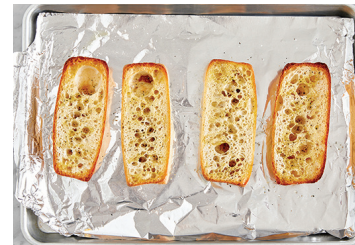
3 Cook the chicken

- Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned.
- Flip and cook 4 minutes.
- Evenly top with the **chopped onions** and **fontina**. Loosely cover the pan with foil and cook 2 to 3 minutes, or until the cheese is melted and the chicken is cooked through.*
- Transfer to a plate.



4 Toast the bread

- Meanwhile, line a sheet pan with foil.
- Place the **halved bread** on the foil, cut side up. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 7 to 9 minutes, or until the bread is lightly browned and crispy.
- Remove from the oven.



5 Finish the bread

- Meanwhile, in a bowl, thoroughly combine the **butter** and **chopped peppers**; season with salt and pepper.
- Evenly spread the **pepper butter** onto the **toasted bread**.
- Halve crosswise on an angle.



6 Finish the squash & serve your dish

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.
- Add the **pesto**, **seasoned tomatoes**, **arugula**, and a drizzle of **olive oil**; season with salt and pepper. Stir to thoroughly combine.
- Serve the **cooked chicken** with the **finished squash** and **finished bread** on the side. Garnish the squash with the **parmesan**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 680, Total Carbohydrates: 38g, Dietary Fiber: 5g, Added Sugars: 1g, Total Fat: 35g, Saturated Fat: 13g, Protein: 52g, Sodium: 1570mg.

**For information about our wellness labels visit us at 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.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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