

Italian-Style Chicken & Zucchini

with Pesto-Pepper Rice

2 SERVINGS

20-30 MINS



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Ingredients

 2 Boneless, Skinless Chicken Breasts

 1 Lemon

 ¼ cup Grated Parmesan Cheese

 ½ cup Long Grain White Rice

 ⅓ cup Basil Pesto

 1 Tbsp Italian Seasoning¹

 1 Zucchini

 ½ oz Sweet Piquante Peppers



Serve with Blue Apron wine that has this symbol blueapron.com/wine



15 13 13

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



2 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), 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 and cover with foil to keep warm.



3 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **zucchini** into rounds.
- Roughly chop the **peppers**.
- Quarter and deseed the **lemon**.



4 Cook the zucchini

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Turn off the heat and stir in the **juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.



5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **pesto** and **chopped peppers**; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **cooked zucchini**. Garnish with the **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 720, Total Carbohydrates: 56g, Dietary Fiber: 4g, Added Sugars: 1g, Total Fat: 32g, Saturated Fat: 7g, Protein: 51g, Sodium: 1040mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. 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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