





2 Boneless, Skinless Chicken Breasts



1 Zucchini



¹⁄₃ cup Basil Pesto



1 Tbsp Italian Seasoning¹



½ cup Long Grain White Rice

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or

at blueapron.com for ingredients (denoted with an § icon) and instructions tailored to you.*



1 Meyer Lemon



1/4 cup Grated Parmesan Cheese



1 cup Red Quinoa 🔄

Serve with Blue Apron wine that has this symbol

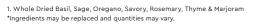
blueapron.com/wine



4 oz Grape Tomatoes 🔄



½ oz Pickled Peppadew Peppers



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, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.



• Turn off the heat and fluff with a fork.

CUSTOMIZED STEP 1 If you chose Quinoa & Tomatoes

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the quinoa and cook, uncovered, 18 to 20 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.

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



- 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.
- Ouarter and deseed the lemon.



CUSTOMIZED STEP 3 If you chose Quinoa & Tomatoes

- Prepare the remaining ingredients as directed.
- Halve the tomatoes.

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 lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.



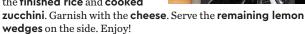
• Turn off the heat and stir in the juice of 2 lemon wedges. Taste, then season with salt and pepper if desired.

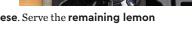
CUSTOMIZED STEP 4 If you chose Quinoa & Tomatoes

- 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 lightly browned.
- Add the halved tomatoes; season with salt and pepper. 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





CUSTOMIZED STEP 5 If you chose Quinoa & Tomatoes

Finish and serve your dish as directed, using the cooked quinoa (instead of rice) and cooked zucchini and tomatoes.



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

