

Italian-Style Chicken & Zucchini

with Pesto-Pepper Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*



Serve with Blue Apron wine that has this symbol
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Ingredients



2 Boneless, Skinless Chicken Breasts



1 Zucchini



1/3 cup Basil Pesto



1 Tbsp Italian Seasoning¹



1/2 cup Long Grain White Rice 



1 Meyer Lemon




1/4 cup Grated Parmesan Cheese



1 cup Red Quinoa 



4 oz Grape Tomatoes 



1/2 oz Pickled Peppadew Peppers

¹ Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

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 $\frac{3}{4}$ 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 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**.



↺ 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 zucchini**. Garnish with the **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!



↺ 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.