

Tuscan-Spiced Chicken & Fregola Sarda

with Warm Citrus Vinaigrette

TIME: 30-40 minutes

SERVINGS: 2

In this rustic Italian recipe, toasty fregola sarda pasta is tossed with buttery olives and sweet raisins, then topped with spice-dusted chicken and a seasonal orange vinaigrette.



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Bold & Spicy

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Ingredients



10 oz
CHOPPED
CHICKEN BREAST



1/2 cup
FREGOLA SARDA
PASTA



2 cloves
GARLIC



1 bunch
KALE



1
ORANGE

KNICK KNACKS:



3 Tbsps
GOLDEN RAISINS



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
TUSCAN SPICE
BLEND*



1 oz
CASTELVETRANO
OLIVES



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Ground Sage



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves. Peel and roughly chop the **garlic**.
- ☐ Halve the **orange**; squeeze the juice into a bowl, straining out any seeds.
- ☐ Using the flat side of your knife, smash the **olives**; remove and discard the pits, then roughly chop.

2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water; cook 16 to 18 minutes, or until al dente (still slightly firm to the bite).
- ☐ Drain thoroughly and return to the pot. Set aside in a warm place.



3 Cook the kale:

- ☐ While the pasta cooks, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped kale** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- ☐ Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- ☐ Add **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Cover with aluminum foil to keep warm. Wipe out the pan.



4 Cook the chicken:

- ☐ While the pasta continues to cook, pat the **chicken** dry with paper towels; place in a bowl and season with salt and pepper. Add **as much of the spice blend as you'd like**; toss to thoroughly coat.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.

5 Make the vinaigrette:

- ☐ Add the **orange juice** and **2 tablespoons of water** to the pan of reserved fond. Cook on medium-high, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until slightly reduced in volume.
- ☐ Turn off the heat and stir in **2 teaspoons of olive oil** until thoroughly combined. Season with salt and pepper to taste.



6 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked kale**, **chopped olives**, **raisins**, and **vinegar**. Drizzle with olive oil and season with salt and pepper. Stir to combine. Season with salt and pepper to taste.
- ☐ Serve the finished pasta and **cooked chicken** with the **vinaigrette** on the side. Enjoy!