

# 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 a perfect match for briny olives and sweet raisins. We're topping it with chicken dusted with a warming blend of ground fennel, rosemary, and sage. A seasonal orange vinaigrette finishes off the dish with more bright flavor.



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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 14 to 16 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



### 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 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 is 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 **up to ¾ of the spice blend** (you will have extra); 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.



### 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 topped with the **cooked chicken and vinaigrette**. Enjoy!