

# **Ingredients**



4 Boneless, Skinless **Chicken Breasts** 



2 Zucchini



2 Tbsps Crème Fraîche



3/4 lb Fettuccine Pasta



1 Tbsp Capers



1/4 cup Grated Parmesan Cheese



2 cloves Garlic



2 oz Butter



1 Tbsp Italian Seasoning<sup>1</sup>



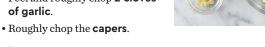
Serve with Blue Apron wine that has this symbol POPICY blueapron.com/wine

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### 1 Prepare the ingredients

- Fill a large pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the zucchini; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop 2 cloves of garlic.



#### 2 Cook the chicken

- Pat the chicken dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat 1 tablespoon 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. Loosely cover with foil to keep warm.



- Meanwhile, add the pasta to the pot of boiling water and cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving 1/2 cup of the pasta cooking water, drain thoroughly and return to the pot.







#### 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, Italian seasoning, and half the chopped garlic; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Transfer to a bowl.
- · Wipe out the pan.



## Make the garlic-caper topping

- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the chopped capers and remaining chopped garlic; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Turn off the heat.



#### 6 Finish the pasta & serve your dish

- To the pot of cooked pasta, add the cooked zucchini, butter, and half the reserved pasta cooking water. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat and stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Slice the cooked chicken crosswise.
- Serve the finished pasta topped with the sliced chicken and garlic-caper topping. Garnish with the parmesan. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

