

Garlic-Caper Chicken

with Fettuccine & Zucchini

4 SERVINGS

⌚ 30-40 MINS

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Ingredients



4 Boneless, Skinless Chicken Breasts



2 Zucchini



2 Tbsps Crème Fraîche



¾ lb Fettuccine Pasta



1 Tbsp Capers



¼ cup Grated Parmesan Cheese



2 cloves Garlic



2 oz Butter



1 Tbsp Italian Seasoning¹



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¹. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ 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**.
- Roughly chop the **capers**.



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.



3 Cook the pasta

- 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 $\frac{1}{2}$ 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.



5 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.