

Italian Chicken & Zucchini

with Pesto-Pepper Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients


Customized ingredients



10 oz Chicken Breast Strips 

SWAPPED FOR:



2 Boneless, Center-Cut Pork Chops 



1/4 cup Grated Parmesan Cheese



1/2 cup Long Grain White Rice



1/2 oz Pickled Peppadew Peppers



1/3 cup Basil Pesto



1 Zucchini



1 Lemon



1 Tbsp Italian Seasoning¹



Serve with Blue Apron wine that has this symbol
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¹ Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- 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. Cover to keep warm.



2 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Place in a bowl; season with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra). Stir to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.



↩ CUSTOMIZED STEP 2 If you chose Pork

- Pat the **pork** 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes. Cover with foil to keep warm.

3 Prepare the remaining ingredients

- Wash and dry the fresh produce.
- Thinly slice the **zucchini** into rounds.
- Quarter and deseed the **lemon**.
- Roughly chop the **peppers**.



4 Cook the zucchini

- In the pan of reserved fond, heat a drizzle 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. Carefully 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**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** and **cooked zucchini** over the **finished rice**. Garnish with the **cheese** and **chopped peppers**. Serve the **remaining lemon wedges** on the side. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Pork

- Finish the rice as directed in Step 5.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** and **cooked zucchini** over the **finished rice**. Garnish with the **cheese** and **chopped peppers**. Serve the **remaining lemon wedges** on the side. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for pork.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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