

Italian Chicken & Orzo

with Bell Peppers, Tomatoes & Onion

4 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**
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Ingredients


 4 Boneless, Skinless Chicken Breasts

 2 Bell Peppers

 1 oz Salted Butter

 2 tps Honey

 1 Tbsp Italian Seasoning¹

 ½ lb Orzo Pasta


 ½ lb Grape Tomatoes


 ¼ cup Grated Parmesan Cheese

 1 oz Pitted Niçoise Olives

 ¼ tsp Crushed Red Pepper Flakes

 1 Red Onion

 1 bunch Parsley

 2 Tbsps Red Wine Vinegar

 1 Tbsp Capers



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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 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Halve, peel, and medium dice the **onion**.
- Halve the **tomatoes**.
- Roughly chop the **olives**.
- Roughly chop the **parsley** leaves and stems.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, **1 tablespoon of olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



2 Cook the chicken

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



3 Cook the vegetables

- In the pan of the reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced peppers** and **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and lightly browned.
- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened. Turn off the heat.



4 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked vegetables**, **chopped olives**, **capers**, **sauce**, and **butter**; season with salt and pepper. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until combined and the pasta is coated. Turn off the heat.
- Slice the **cooked chicken** crosswise.
- Serve the **finished pasta** topped with the **sliced chicken**. Garnish with the **chopped parsley** and **cheese**. Enjoy!



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

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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