

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.*

Ingredients

Customized ingredients



SWAPPED FOR:







1/4 cup Grated Parmesan Cheese



½ cup Long Grain White Rice



1 oz Sliced Roasted Red Peppers



1/3 cup Basil Pesto



1 Zucchini



1 Lemon



1 Tbsp Italian Seasoning¹



Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

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

^{*}Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

Cook the rice

- Carefully rinse the rice (sifting through for any 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. 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 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 cover with foil to keep warm.

CUSTOMIZED STEP 2 If you chose Steaks

- Meanwhile, pat the **steaks** dry with paper towels. Season on all 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 steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), 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.

3 Prepare the remaining ingredients

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



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.

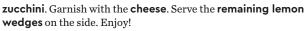


• Turn off the heat. Stir in the juice of 2 lemon wedges. Taste, then season with salt and pepper if desired.

5 Finish the rice & serve your dish

- To the pot of cooked rice, add the pesto and chopped peppers; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the cooked chicken crosswise
- Serve the sliced chicken with the finished rice and cooked





CUSTOMIZED STEP 5 If you chose Steaks

- Finish the rice as directed in Step 5.
- Find the lines of muscle (or grain) on the rested steaks; slice crosswise against the grain.
- Serve the sliced steaks with the finished rice and cooked zucchini. Garnish with the cheese. Serve the remaining lemon wedges on the side. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.



Produced in a facility that processes crustacean shellfish,