

Italian Chicken & Zucchini

with Pesto-Pepper Rice

2 SERVINGS

⌚ 20-30 MINS

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

Ingredients

Customized ingredients

 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 2 Steaks 

 ¼ cup Grated Parmesan Cheese

 ½ cup Long Grain White Rice


 1 oz Sliced Roasted Red Peppers

 ⅓ cup Basil Pesto

 1 Zucchini

 1 Lemon

 1 Tbsp Italian Seasoning¹

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

Cook along on the app



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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 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 zucchini**. Garnish with the **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!



↩ 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.

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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