

Italian-Style Deviled Chicken

with Pesto Rice & Balsamic Onions

4 SERVINGS


⌚ 30-40 MINS


 **Blue Apron**
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Ingredients*

 4 Boneless, Skinless Chicken Breasts


 2 Bell Peppers


 2 oz Balsamic-Marinated Cipolline Onions

 ¼ cup Grated Parmesan Cheese

 ¼ cup Mayonnaise


 1 cup Long Grain White Rice

 ½ lb Grape Tomatoes


 1 oz Salted Butter

 ⅓ cup Basil Pesto

 1 Tbsp Italian Seasoning¹

 1 ¼ cups Panko Breadcrumbs

 1 clove Garlic

 ¼ cup Grated Romano Cheese

 1 Tbsp Dijon Mustard



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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

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel **1 clove of garlic**. Using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **tomatoes**.
- Roughly chop the **onions**.
- In a bowl, combine the **halved tomatoes** and **chopped onions**. Add a drizzle of **olive oil**; season with salt and pepper. Stir to combine.



2 Bread the chicken

- Melt the **butter** in a large bowl in the microwave (or melt in a medium pot, then transfer to a large bowl).
- Add the **mustard**; season with salt and pepper. Whisk until thoroughly combined.
- On a large plate, combine the **breadcrumbs**, **Italian seasoning**, and **romano**; season with salt and pepper.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **mustard butter** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing gently to adhere).
- Transfer the **breaded chicken** to a sheet pan.



For easier cleanup, line your sheet pan with foil.

3 Bake the chicken

- Top the **breaded chicken** with a drizzle of **olive oil**.
- Bake 18 to 20 minutes, or until lightly browned and cooked through.*
- Remove from the oven.



4 Cook & finish the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot (or the pot used to melt the butter), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **rice**, a **big pinch of salt**, and **2 cups of water** (carefully, as the liquid may splatter). Stir to combine. 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. Stir in the **pesto** until combined. Taste, then season with salt and pepper if desired.



5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise**, **parmesan**, **2 teaspoons of olive oil**, **1 tablespoon of water**, and **as much of the garlic paste as you'd like**; season with salt and pepper.
- Serve the **baked chicken** with the **pesto rice**. Top the chicken with the **sauce** and **tomato-onion mixture**. 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.

Blue Apron, LLC, New York, NY 10005

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