

# Garlic-Caper Chicken

with Fettuccine & Zucchini

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients

 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 ¼ cup Grated Parmesan Cheese

 1 Tbsp Italian Seasoning<sup>2</sup>


 ½ lb Fettuccine Pasta

 2 cloves Garlic

 2 Tbsps Crème Fraîche

 1 Zucchini

 1 Tbsp Capers

 1 oz Salted Butter



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



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1. peeled & deveined 2. 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

- Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the **zucchini**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **capers**.



## 2 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- 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. Loosely cover with foil to keep warm.



## CUSTOM STEP 2 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl. Cover with foil to keep warm.

## 3 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving  $\frac{1}{2}$  cup of the **pasta cooking water**, drain thoroughly and return to the pot.



## 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**, **Italian seasoning**, and **half the chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Transfer to a bowl.
- Wipe out the pan.



## CUSTOMIZED STEP 4 If you chose Shrimp

- Cook the zucchini as directed, but transfer to the bowl of **cooked shrimp**.

## 5 Make the garlic-caper topping

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped capers** and **remaining chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Turn off the heat.



## 6 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked zucchini**, **butter**, **crème fraîche**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the butter is melted and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished pasta** topped with the **sliced chicken** and **garlic-caper topping**. Garnish with the **cheese**. Enjoy!



## CUSTOMIZED STEP 6 If you chose Shrimp

- To the pot of **cooked pasta**, add the **cooked zucchini and shrimp**, **butter**, **crème fraîche**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the butter is melted and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **garlic-caper topping**. Garnish with the **cheese**. Enjoy!

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