

Creamy Chicken & Pepper Pasta

with Capers & Parmesan


4 SERVINGS

⌚ 30-40 MINS

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Ingredients*

 22 oz Chicken Breast Strips


 1 Yellow Onion

 1 Tbsp Capers


 ½ cup Cream or
¼ cup Crème
Fraîche

 1 8-oz can Tomato
Sauce

 ¾ lb Elicoidali Pasta


 2 Bell Peppers

 ¼ cup Grated
Parmesan Cheese

 1 ½ tsps Calabrian
Chile Paste

 2 cloves Garlic

 2 oz Sliced Roasted
Red Peppers

 1 oz Salted Butter

 2 Tbsps Tomato
Paste



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Interested in prepping this recipe for the week ahead? Follow the STOP + STORE and REHEATING instructions within the recipe.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- 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 **bell peppers**; cut off and discard the stems. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Halve, peel, and medium dice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **roasted peppers**.
- In a bowl, combine the **diced onion, chopped garlic, chopped roasted peppers, and capers**.
- In a separate, medium bowl, combine the **tomato sauce, $\frac{1}{2}$ cup of water, and as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



2 Cook the chicken & peppers

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large, high-sided pan (or pot), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced bell peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the peppers are softened and the chicken is browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



3 Finish the sauce

- In the pan of reserved fond, heat the **butter** on medium-high until melted.
- Add the **prepared onion mixture**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Add the **tomato paste**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.



Step 3 continued:

- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until thickened.
- Slowly whisk in the **cream or crème fraîche**. Cook, whisking constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.

4 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 10 to 12 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{1}{4}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked chicken and peppers, finished sauce, and half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until 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** garnished with the **cheese**. Enjoy!



STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

REHEATING INSTRUCTIONS

If you saved the dish for later, reheat the **pasta** in the microwave 1 to 2 minutes, or until heated through. Serve as directed.