

Chicken & Whole Grain Pasta

with Calabrian Tomato Sauce

4 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**
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Ingredients*


Customized ingredients



18 oz Boneless Chicken Breast Pieces 

SWAPPED FOR:



18 oz Tail-On Shrimp¹ 



¾ lb Whole Grain Radiator Pasta²



2 cloves Garlic



1 Yellow Onion



5 oz Baby Spinach



1 oz Sliced Roasted Red Peppers



1 Tbsp Capers



2 Tbsps Mascarpone Cheese



¾ cup Grated Parmesan Cheese



1 ½ tps Calabrian Chile Paste



2 Tbsps Tomato Paste



1 14-oz can Whole Datterini Tomatoes



Serve with Blue Apron wine that has this symbol
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¹. peeled & deveined ². contains 34 g whole grain per 2 oz serving
*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 **spinach**.
- Halve, peel, and medium dice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **capers**.
- Roughly chop the **peppers**.
- Place the **tomatoes** in a large bowl; gently break apart with your hands. Add $\frac{1}{2}$ 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. Stir to combine.



2 Cook the chicken

- 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, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



↶ CUSTOMIZED 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 large, high-sided pan (or pot), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

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 Finish the sauce

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion, chopped garlic, chopped capers, and chopped peppers**; 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.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 3 to 4 minutes, or until the sauce is thickened.
- Turn off the heat.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked chicken, spinach, finished sauce**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the spinach is wilted and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Add the **mascarpone**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **parmesan**. Enjoy!



↶ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the pasta and serve your dish as directed, using the **cooked shrimp** (instead of chicken).