

Ingredients*

Customized ingredients



SWAPPED FOR:

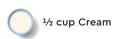




















Points" value

Scan this barcode

in your WW app to 93888 17135 0 track Points™. Wine is not included in Points $^{\text{TM}}$ as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating.

If you customized this recipe, your Points may differ from what's above.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Points™? Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1) Prepare the ingredients

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the zucchini lengthwise, then thinly slice crosswise.
- Roughly chop the capers.
- Peel and roughly chop 2 cloves of garlic.
- Quarter and deseed the lemon.



- Add the pasta to the pot of boiling water and cook, uncovered, 8 to 10 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced zucchini in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add 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. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and the zucchini is softened.

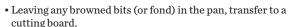
To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the

Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

- Transfer to a plate; cover with foil to keep warm.
- Rinse and wipe out the pan.



- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the Italian seasoning.
- In the same pan, 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.*





CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl. Season with salt, pepper, and the Italian seasoning. Toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, without stirring, 2 to 3 minutes. Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

Make the garlic-caper topping

- In the pan of reserved fond, heat a drizzle of olive oil on medium-high until hot.
- Add the chopped capers and chopped garlic. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Turn off the heat and carefully stir in the juice of 2 lemon wedges.



6 Finish the pasta & serve your dish

- To the pot of cooked pasta, add the cooked zucchini, cream, and the juice of the remaining lemon wedges. Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the cooked chicken crosswise.
- Serve the sliced chicken over the finished pasta. Top the chicken with the garlic-caper topping. Garnish with the cheese. Enjoy!





CUSTOMIZED STEP 6 If you chose Shrimp

- Finish the pasta as directed in Step 6.
- Serve the **cooked shrimp** over the **finished pasta**. Top the shrimp with the garlic-caper topping. Garnish with the cheese. Enjoy!

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

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat



