

Garlic-Caper Chicken

with Creamy Calabrian Zucchini & Orzo

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com






Ingredients*


Customized ingredients

 4 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 ½ lb Orzo Pasta


 2 Zucchini

 2 cloves Garlic

 2 Tbsps Capers

 1 Lemon

 ¾ cup Grated Parmesan Cheese

 ½ cup Cream

 1 Tbsp Calabrian Chile Paste

 1 Tbsp Italian Seasoning²



11 Points® value per serving



Scan this barcode in your WW app to track Points™. Wine is not included in Points™ 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.

To learn more about the (NEW!) WW Points™ program, visit ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ 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**.



2 Cook the pasta

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



4 Cook the chicken

- 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



↔ 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.

5 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.