

Za'atar Chicken & Red Rice Bowls

with Butterbaby Squash & Creamy Feta

2 SERVINGS

⌚ 35-45 MINS

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Ingredients*



10 oz Boneless
Chicken Breast
Pieces



½ cup Red Rice
Blend



1 Butterbaby Squash



1 oz Sliced Roasted
Red Peppers



2 Scallions



1 ½ oz Feta Cheese



2 Tbsps Crème
Fraîche



¼ tsp Crushed Red
Pepper Flakes



1 Tbsp Za'atar
Seasoning¹

¹. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.

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1 Cook the rice

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into $\frac{1}{2}$ -inch pieces.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Roughly chop the **peppers**.
- In a bowl, combine the **feta** (crumbling before adding), **chopped peppers**, **crème fraîche**, a drizzle of **olive oil**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



3 Roast the squash

- Line a sheet pan with foil.
- Place the **squash pieces** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 22 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **za'atar**; toss to coat.
- In a medium pan (nonstick, if you have one), 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.
- Add the **sliced white bottoms of the scallions**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened and the chicken is browned and cooked through.
- Turn off the heat.



5 Finish the rice & serve your dish

- Transfer the **roasted squash** to the pot of **cooked rice**; stir to combine.
- Serve the **finished rice** topped with the **cooked chicken** and **creamy feta**. Garnish with the **sliced green tops of the scallions**. Enjoy!

