

Ingredients*



10 oz Boneless Chicken Breast **Pieces**



½ cup Red Rice Blend



1 Butterbaby Squash



1 oz Sliced Roasted **Red Peppers**



2 Scallions



1 1/2 oz Feta Cheese



2 Tbsps Crème Fraîche

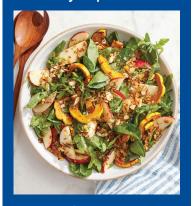


1/4 tsp Crushed Red Pepper Flakes



1 Tbsp Za'atar Seasoning¹





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^{1.} Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano

^{*}Ingredients may be replaced and quantities may vary.

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- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 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 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!



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