

Italian-Style Chicken & Zucchini

with Pesto-Pepper Rice

Sunday Dinner

Pair with your favorite family on HBO Max.

From seasoned classics like *The Sopranos* and *The Jetsons* to fresh Hollywood hits like *Justice League*, HBO Max has enough to satisfy the whole family (even Tony's on a Sunday).

To celebrate, we've teamed up with HBO Max to bring you recipes inspired by some of our most beloved entertainment. Streaming now.

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 25-35 MINS | 2 SERVINGS

This simple dish is packed with vibrant Italian flavors like basil (the beloved, aromatic herb at the heart of our irresistible pesto), as well as a blend of classic seasonings like the fragrant dried rosemary and sage used to coat our chicken.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKINLESS CHICKEN
BREASTS



1/2 oz
SWEET PIQUANTE
PEPPERS



1/4 cup
GRATED
PARMESAN
CHEESE



1/3 cup
BASIL PESTO



1/2 cup
BROWN RICE



1
LEMON



1
ZUCCHINI



1 Tbsp
ITALIAN
SEASONING*

*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Cook the rice:

- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Cook the chicken:

- Meanwhile, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **1 teaspoon 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 and cover with foil to keep warm.



3 Prepare the remaining ingredients:

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **zucchini** into rounds.
- Roughly chop the **peppers**.
- Quarter and deseed the **lemon**.



4 Cook the zucchini:

- In the pan of reserved fond, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Turn off the heat and stir in **the juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.



5 Finish the rice & serve your dish:

- To the pot of **cooked rice**, add the **pesto** and **chopped peppers**; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **cooked zucchini**. Garnish with the **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!

**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 690, Total Carbohydrates: 55g, Dietary Fiber: 6g, Added Sugar: 1g, Total Fat: 27g, Saturated Fat: 6g, Protein: 52g, Sodium: 1040mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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