



55 MINUTE RECIPE



Chicken Parm

with Basil Fettuccine &
Arugula Salad

2 <OR> 4 SERVINGS

-  2 | 4 Boneless, Skinless Chicken Breasts
-  1 | 2 Pasture-Raised Egg
-  8 | 16 oz Basil Fettuccine Pasta
-  2 | 4 oz Arugula
-  4 | 8 oz Grape Tomatoes
-  4 | 8 oz Fresh Mozzarella Cheese
-  1/4 | 1/2 cup Cream
-  2 | 4 oz Shredded Fontina Cheese
-  1/4 | 1/2 cup Grated Parmesan Cheese
-  3 | 6 Tbsp Roasted Garlic Pesto
-  1 | 2 Tbsp Maple Syrup
-  1 | 2 Tbsp Balsamic Vinegar
-  2 | 4 Tbsp All-Purpose Flour
-  1 | 2 cup Panko Breadcrumbs
-  1 | 2 14.5-oz can Crushed Tomatoes
-  2 | 4 Tbsp Roasted Pistachios



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (*Large for 4*)
Medium Pots
Baking Dish
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Neutral Cooking Oil (*optional*)
Salt
Pepper

Chef's Note

FEATURED INGREDIENT

Roasting garlic brings out its deeply aromatic flavor, which is the highlight of our simple, chef-curated pesto—also blended with parsley and parmesan cheese.

COOKING TEMPERATURE

The USDA recommends a minimum safe cooking temperature of: 165°F Chicken



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Ingredients may be replaced and quantities may vary.

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1. Prepare the ingredients & make the dressing

- ☐ Remove the **pasta** from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 450°F.
- ☐ 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 **tomatoes**.
- ☐ Tear the **mozzarella** into bite-sized pieces.
- ☐ In a bowl, whisk together the **maple syrup**, **vinegar**, and a drizzle of **olive oil**.



2. Make the sauce

- ☐ In a separate medium pot, heat a drizzle of **olive oil** on medium until hot.
- ☐ Add the **crushed tomatoes** and **garlic pesto**; season with salt and pepper. Bring to a simmer and cook, stirring occasionally, 5 to 6 minutes, or until slightly reduced in volume.
- ☐ Add the **cream** (shaking the packet before opening). Cook, stirring constantly, 30 seconds to 1 minute, or until combined and slightly thickened.
- ☐ Turn off the heat. Taste, then season with salt and pepper if desired.



3. Pound & bread the chicken

- ☐ Meanwhile, place the **breadcrumbs** and **flour** on two separate large plates; season each with salt and pepper.
- ☐ Crack the **egg(s)** into a bowl; season with salt and pepper. Beat until smooth.
- ☐ Pat the **chicken** dry with paper towels. Place between two sheets of plastic wrap.
- ☐ Using the bottom of a heavy pan (or a flat meat mallet), pound to a $\frac{1}{4}$ -inch thickness.
- ☐ Discard the plastic wrap. Season with salt and pepper on both sides.
- ☐ Working one piece at a time, thoroughly coat the **seasoned chicken** in the **seasoned flour** (tapping off any excess), then in the **beaten egg(s)** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere).
- ☐ Transfer to a plate.



4. Cook the chicken

- ☐ In a medium nonstick pan (or large for 4 servings), heat a thin layer of oil on medium-high.
- ☐ Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, working in batches if necessary, add the **breaded chicken** (tapping off any excess coating before adding). Cook 5 to 8 minutes per side (if the pan seems dry, add a drizzle of oil before flipping), or until golden brown and cooked through.
- ☐ Transfer to a paper towel-lined plate or wire rack; immediately season with salt.



5. Finish the chicken

- ☐ Transfer $\frac{3}{4}$ of the **sauce** to the bottom of a baking dish.
- ☐ Add the **cooked chicken**, then evenly top with the **remaining sauce**, **mozzarella pieces**, and **fontina**.
- ☐ Bake 5 to 7 minutes, or until the cheese is melted.
- ☐ *If desired, turn your oven to the broil function; broil 2 to 3 minutes, or until the cheese is golden brown (watching carefully so it doesn't burn).*
- ☐ Remove from the oven. Let stand at least 2 minutes before serving.



6. Cook the pasta

- ☐ Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 4 to 5 minutes, or until al dente (still slightly firm to the bite).
- ☐ Drain thoroughly and return to the pot. Add a drizzle of **olive oil** and stir to combine.



7. Make the salad & serve your dish

- ☐ Meanwhile, in a bowl, combine the **arugula**, **pistachios**, **halved tomatoes**, and **dressing**; toss to combine.
- ☐ Serve the **finished chicken and sauce** over the **cooked pasta**. Serve the **salad** on the side. Garnish with the **parmesan**. Enjoy!



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