



**FAST**

## Sautéed Chicken & Snap Peas

with Rice Pilaf & Herb-Olive Salsa



20-30min



2 Servings

Chicken is seared to golden perfection and served with a lively salsa verde that combines parsley, shallots, and briny Castelvetrano olives. The savory nuttiness of the toasted orzo-rice pilaf balances well with the sweet caramelization of the blistered sugar snap peas.



## What we send

- jasmine rice
- shallot
- boneless, skinless chicken breasts
- fresh parsley
- sugar snap peas
- 1

## What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar

## Tools

- large nonstick skillet
- meat mallet (or heavy skillet)
- small saucepan

## Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1010kcal, Fat 44g, Carbs 98g, Protein 51g



### 1. Prep chicken

Pat **chicken** dry. Place between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound to an even ½-inch thickness. Rub chicken with **oil** and season with **½ teaspoon salt** and **several grinds of pepper**. Let sit until step 5.



### 4. Prep snap peas

Trim ends from **snap peas**, removing any tough strings.



### 2. Make pilaf

Peel and finely chop **¼ cup shallot**. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo, rice**, and half of the shallots; cook until shallots and orzo are golden, stirring frequently, about 5 minutes. Add **1 ¾ cups water** and **½ teaspoon salt**; bring to boil. Cover, and simmer until tender and water is absorbed, about 17 minutes.



### 5. Sauté chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook until golden and firm to the touch, turning once, 2-3 minutes per side. Transfer to a plate.



### 3. Make herb-olive salsa

Pick **parsley leaves** from stems; coarsely chop leaves, discarding stems. Coarsely chop **olives**, removing pits if necessary. On a cutting board, combine parsley, olives, and **remaining shallots**, and finely chop together. Transfer herb-olive mixture to a small bowl. Stir in **1 tablespoon vinegar** and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 6. Cook snap peas & serve

Add **1 teaspoon oil** and **snap peas** to same skillet; cook over medium-high until browned in spots and crisp-tender, stirring occasionally, 2-3 minutes. Season to taste with **salt** and **pepper** and transfer to plates. Fluff **pilaf** with a fork. Serve **pilaf** alongside **chicken** and **snap peas** with **herb-olive salsa** spooned over top. Enjoy!