



Provençal Chicken & Gluten Free Fettuccine

with Capers, Olives & Spinach



20-30min



2 Servings

Provençal cooking is known for its simplicity, allowing the quality of the ingredients to shine. Seared chicken breast strips develop a crisp exterior, then finish cooking in a bed of marinara, capers and Tuscan spice for mouthwatering flavor. Briny olives and tender spinach swirl into the saucy chicken that's spooned over a pile of gluten free fettuccine. A sprinkle of Parmesan and parsley are the perfect final garnishes.

What we send

- garlic
- 9 oz gluten free fettuccine ³
- 10 oz pkg chicken breast strips
- 1 oz capers ¹²
- ¼ oz Tuscan spice blend
- 1 oz Kalamata olives
- ¼ oz fresh parsley
- 3 oz baby spinach
- ¾ oz Parmesan ⁷
- ½ lb marinara sauce

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- medium skillet
- microplane or grater

Allergens

Egg (3), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 26g, Carbs 84g, Protein 50g



1. Boil pasta & chop garlic

Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**.

Add **pasta** to boiling water and cook until al dente, 2-3 minutes. Reserve **½ cup cooking liquid**, drain well and return to pot with **1 tablespoon oil**. Cover to keep warm until serving.



4. Chop olives & parsley

Coarsely chop **olives**, removing any pits, if necessary.

Coarsely chop **parsley**.



2. Brown chicken

Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned, 1-2 minutes per side (chicken will not be cooked through). Transfer to a plate.



5. Add olives & spinach

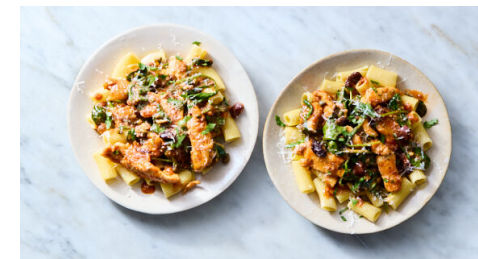
When **sauce** has finished simmering, stir in **olives**. Working in batches, stir in **spinach** until just wilted. Season to taste with **salt** and **pepper**.



3. Make sauce & simmer

To same skillet, add **chopped garlic**, **2 teaspoons capers**, and **1 teaspoon Tuscan blend** (add a drizzle of oil if skillet is dry); cook, stirring, until fragrant, 1 minute. Stir in **marinara** and **reserved pasta water**; bring to a simmer.

Return **chicken** to skillet and simmer until flavors have melded and chicken is cooked through, 5-7 minutes.



6. Serve

Serve **chicken Provençal** over **gluten free fettuccine**. Grate **Parmesan** over top and sprinkle with **parsley**. Enjoy!