



Skillet Chicken Puttanesca

with Zucchini, Quinoa & Basil Pesto



30-40min



2 Servings

Grains, vegetables, and chicken might seem like a simple combination, but don't be fooled. The trick is finishing the chicken breasts in a flavorful puttanesca sauce, packed with colorful veggies like zucchini and tomatoes. Olives and capers lend a sharp saltiness that will have you dreaming of southern Italy.

What we send

- 3 oz white quinoa
- 1 shallot
- garlic
- 2 zucchini
- 2 plum tomatoes
- 1 oz Kalamata olives
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz capers ¹⁷
- 2 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- large skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 25g, Carbs 50g, Protein 52g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Drizzle with **1 teaspoon oil**. Keep covered off heat until ready to serve.



4. Cook sauce

Add **shallots** to same skillet and cook over medium-high heat until translucent, about 1 minute. Add **sliced garlic** and **zucchini**, and season with **salt**; cook, stirring, until lightly browned, about 3 minutes. Add **tomatoes, olives, capers**, and **½ cup water**. Season to taste with **salt** and **pepper**. Bring to a simmer.



2. Prep vegetables

Meanwhile, halve and thinly slice **shallot**. Thinly slice **2 large garlic cloves**.

Trim **zucchini**, then cut into ¼-inch thick rounds. Chop **tomatoes** into ½-inch pieces. Coarsely chop **olives**, removing any pits if necessary.



5. Finish chicken

Cook **sauce**, stirring occasionally, until slightly thickened, about 5 minutes. Add **chicken and any resting juices** and cover skillet; cook until chicken is cooked through and sauce is thickened, about 5 minutes more.



3. Sear chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season with **salt** and **pepper**.

Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken and cook until golden brown, about 2 minutes per side (it won't be cooked through). Transfer to a plate.



6. Serve

Serve **chicken puttanesca** over **quinoa** and drizzle with **pesto**. Enjoy!