



## Grilled Chicken with Red Pepper Relish

Zucchini & Feta Orzo Salad



30-40min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack 6 inches from the heat source. Place zucchini on a rimmed baking sheet and broil on top oven rack until lightly charred, 3-5 minutes. Heat 1 tablespoon oil in a heavy skillet over medium-high; add chicken and cook until golden brown and cooked through, 3-4 minutes per side.



## What we send

- 3 oz orzo <sup>1</sup>
- 2 scallions
- 1 lemon
- garlic
- 2 oz roasted red peppers
- ¼ oz dried oregano
- 12 oz pkg boneless, skinless chicken breasts
- 1 zucchini
- 2 oz feta <sup>7</sup>

## What you need

- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) <sup>17</sup>
- olive oil

## Tools

- grill or grill pan
- medium saucepan
- microplane or grater

## Cooking tip

No grill or grill pan? See the front of the recipe card for alternative cooking instructions.

## Allergens

Wheat (1), Milk (7), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 650kcal, Fat 33g, Carbs 42g, Protein 50g



### 1. Cook orzo

Light a grill to high, if using. Bring a medium saucepan of **salted water** to a boil. Stir in **orzo** and cook, uncovered, until al dente, about 7 minutes. Drain orzo well.



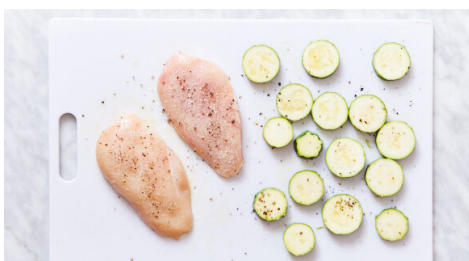
### 2. Prep orzo salad

Trim **scallions**, then thinly slice. Finely grate **¼ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice** into a medium bowl. To bowl with lemon zest and juice, add **scallions, 1 tablespoon water**, and **½ teaspoon vinegar**. Whisk in **2½ tablespoons oil** until combined, then stir in **orzo**. Season to taste with **salt** and **pepper**. Set orzo salad aside until step 6.



### 3. Prep red pepper relish

Finely chop **1 teaspoon garlic**. Finely chop **roasted red peppers**. In a second medium bowl, stir to combine **chopped peppers and garlic, 1 tablespoon oil, 1 teaspoon vinegar**, and **½ teaspoon dried oregano**. Season to taste with **salt** and **pepper**.



### 4. Season chicken & zucchini

Preheat a grill pan over high, if using. Pat **chicken** dry. Trim ends from **zucchini**, then cut into ½-inch thick rounds. Drizzle chicken and zucchini with **oil** and season all over with **salt** and **pepper**. Lightly oil grill grates or pan.



### 5. Grill chicken & zucchini

Transfer **chicken** and **zucchini** to grill or grill pan, then reduce heat to medium-high (working in batches, if necessary). Cook, turning occasionally, until chicken is cooked through and zucchini is tender, 5- 6 minutes for chicken; 8-10 minutes for zucchini. Transfer chicken to bowl with **red pepper relish** and turn to coat. Transfer zucchini to a plate and cover to keep warm.



### 6. Finish salad & serve

Crumble **feta** into bowl with **orzo salad**. Transfer **chicken** to plates and spoon **red pepper relish** on top. Serve **chicken** alongside **zucchini** and **orzo salad**. Enjoy!