



## Sautéed Chicken & Snap Peas

with Rice Pilaf & Herb-Olive Salsa



20-30min



2 Servings

Chicken is pan-roasted 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

- 12 oz pkg boneless, skinless chicken breasts
- 1 shallot
- 3 oz orzo <sup>1</sup>
- 5 oz jasmine rice
- ½ oz fresh parsley
- 1 oz Castelvetrano olives
- 4 oz snap peas

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 990kcal, Fat 43g, Carbs 95g, Protein 50g



### 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 **salt** and **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 chopped shallots**; cook, stirring frequently, until shallots and orzo are golden, about 5 minutes. Add **1½ 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 cooked through, turning once, 2-3 minutes per side. Transfer chicken to a plate.



### 3. Make herb-olive salsa

Pick and coarsely chop **parsley leaves**, discarding stems. Coarsely chop **olives**, removing pits if necessary. On a cutting board, combine **parsley, olives**, and **remaining chopped 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, stirring occasionally, until browned in spots and crisp-tender, 2-3 minutes. Season to taste with **salt** and **pepper**; transfer to plates. Fluff **pilaf** with a fork. Serve **pilaf** alongside **chicken** and **snap peas**. Spoon **herb-olive salsa** over top. Enjoy!