



JUL
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Chicken and Nectarine Panzanella

with Mint, Zucchini, and Fresh Mozzarella

What's not to love about a salad that's equal parts bread and veggies? This satisfyingly light panzanella is loaded with peppery arugula, shaved zucchini, and creamy mozzarella. Plus, it can be made in advance! Just toss in the arugula and mint before serving.



Prep: 10 min
Total: 30 min



level 1



nut free



Chicken Breasts



Nectarine



Whole Wheat
Demi Baguette



Fresh Mozzarella
Cheese



Mint



Arugula



Shallot



White Wine
Vinegar



Zucchini

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Nectarine	1	2
Mint	¼ oz	½ oz
Arugula	2 oz	4 oz
Shallot	1	2
Whole Wheat Demi Baguette	1)	2
Fresh Mozzarella	2)	6 oz
White Wine Vinegar	2 T	4 T
Zucchini	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Baking sheet, Peeler, Large bowl, Large pan, Small bowl

Nutrition per person Calories: 646 cal | Fat: 27 g | Sat. Fat: 8 g | Protein: 57 g | Carbs: 45 g | Sugar: 14 g | Sodium: 510 mg | Fiber: 6 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Toast the bread: Preheat the oven to 400 degrees. Slice the **baguette** into ¾-inch cubes. Toss the cubes on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Place in the oven to toast 6-8 minutes, or until golden brown on the outside but still slightly soft on the inside.

2



2 Prep: Wash and dry all produce. Meanwhile, halve, pit, and thinly slice the **nectarine**. Halve, peel, and mince the **shallot**. Using a vegetable peeler, shave the **zucchini** into ribbons lengthwise, rotating as necessary. Discard the seedy center. Place the zucchini ribbons in a large bowl and store in the fridge to chill.

4



3 Prep remaining ingredients: Remove the **bread cubes** from the oven to cool. Slice the **mozzarella** into ½-inch cubes. **TIP:** We sent extra. Save ¼ for another recipe. Thinly slice the **mint leaves**.

4 Cook the chicken: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **salt** and **pepper**. Add the chicken to the pan and cook 5-6 minutes per side, until cooked through. Set aside for 5 minutes, then dice into cubes.

5 Make the vinaigrette: In a small bowl, combine the **shallot**, **white wine vinegar**, and a drizzle of **olive oil** (to taste). Season with **salt** and **pepper**. **TIP:** If you're not a big fan of raw onion, use less shallot.

5



6 Finish: Toss the **mozzarella**, **bread cubes**, **chicken**, **mint**, **arugula**, **nectarine**, and **vinaigrette** into the bowl with the **zucchini ribbons**. Season generously with **salt** and **pepper**. Finish with a drizzle of **olive oil**, if desired. Divide between bowls and enjoy!

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