

HERBED CHICKEN OVER ZUCCHINI RISOTTO

with Shallot and Blistered Tomatoes



HELLO . **ZUCCHINI RISOTTO**

Lighter than the rice-based version but just as creamy and comforting











Zucchini

Breasts

Sour Cream

Whole Wheat Pita







Itallian Cheese Blend (Contains: Milk)

PREP: 10 MIN TOTAL: 35 MIN

CALORIES: 510

Grape Tomatoes Herbs de Provence

35.13 Herbs de Provence Chicken Breast NJ.indd 1

START STRONG

Dill has a distinctive flavor that can sometimes be quite powerful. You may want to add just a pinch or two of it at first, then toss in more to taste.

BUST OUT

- Grater
- Large pan
- Plastic wrap
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

Shallot 1 | 2
Dill ¼ oz | ¼ oz
Zucchini 2 | 4
Grape Tomatoes 4 oz | 8 oz
Chicken Breasts 12 oz | 24 oz
Herbs de Provence 1 TBSP | 2 TBSP

• Italian Cheese Blend ½ Cup | 1 Cup

• Sour Cream 2 TBSP | 4 TBSP

• Whole Wheat Pita 1 | 2

HELLO WINE



Le Champignon Monterey County Pinot Noir, 2015

- HelloFresh.com/Wine





Wash and dry all produce. Preheat oven or toaster oven to 400 degrees. Halve, peel, and thinly slice shallot. Pick dill fronds from stems and roughly chop; discard stems. Grate zucchini using the

large holes of a box grater.



Wipe out pan used for veggies and heat a drizzle of olive oil in it over medium-high heat. Season chicken all over with salt, pepper, and herbs de Provence. Add to pan and cook until browned and cooked through, 3-5 minutes per side. Remove from pan and set aside to rest. TIP: Loosely cover chicken with foil to keep warm.



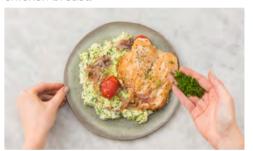
BLISTER VEGGIES
Heat a drizzle of olive oil in a large
pan over medium-high heat. Add shallot
and cook, tossing, until translucent,
about 3 minutes. Add tomatoes and
increase heat to high. Cook until
tomatoes are blistered and shallot is
crisp at edges, 3-5 minutes. Remove from
pan and set aside.



Rinse out same pan and heat a drizzle of **olive oil** in it over medium-high heat. Add **zucchini** and cook, stirring frequently, until tender, 5-7 minutes. Remove from heat and stir in **Italian cheese blend**, **sour cream**, and half the **dill**. Season generously with **salt** and **pepper**.



BUTTERFLY CHICKEN
With your hand on top of one
chicken breast, cut ¾ of the way,
parallel to cutting board, stopping before
you slice through completely. Open it
up, cover with plastic wrap, and pound
with a mallet or heavy pan until an even
thickness throughout. Repeat with other
chicken breast.



Cut pita in half and toast in oven or toaster oven until warm and slightly crisp, 2-4 minutes. Divide zucchini mixture between plates along with veggies. Top with chicken and garnish with remaining dill. Serve with pita on the side.

FANTASTIC!

That amazing floral aroma is the lavender in the herbs de Proyence.

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