



AUG
2016

Broccoli Pesto Orecchiette

with Herby Chicken and Fresh Mozzarella

Traditional pesto, which is Italian for “pounded,” is made with basil, garlic, pine nuts, Parmesan cheese, and olive oil. However, our chefs decided to jazz it up by incorporating broccoli. We thought the classic sauce couldn’t get any better, but we were wrong. It’s the PERFECT accompaniment to the deeply flavorful chicken thighs (which can be trimmed of their fat before cooking if you’d like!).



Prep: 5 min
Total: 30 min



level 1



nut
free



Chicken
Thighs



Orecchiette



Broccoli
Florets



Dried
Oregano



Fresh Mozzarella
Cheese



Lemon



Garlic




Sour
Cream



Chili
Flakes

Ingredients

		4 People
Chicken Thighs		24 oz
Orecchiette	1)	12 oz
Broccoli Florets		16 oz
Dried Oregano		2 t
Fresh Mozzarella Cheese	2)	4 oz
Lemon		1
Garlic		4 Cloves
Sour Cream	2)	8 T
Chili Flakes 		1 t
Olive Oil*		2 T

*Not Included

Allergens

1) Wheat

2) Milk

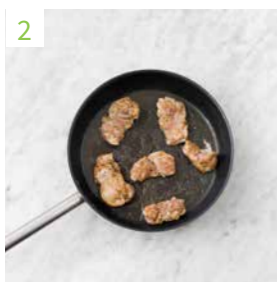
Tools

Large pot, Zester, Paper towel, Large pan, Slotted spoon, Strainer, Potato masher, Medium bowl

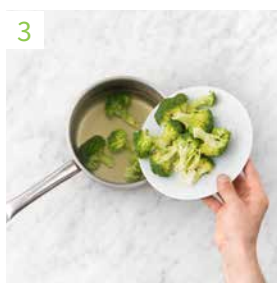
Nutrition per person Calories: 739 cal | Fat: 25 g | Sat. Fat: 11 g | Protein: 55 g | Carbs: 78 g | Sugar: 7 g | Sodium: 277 mg | Fiber: 8 g



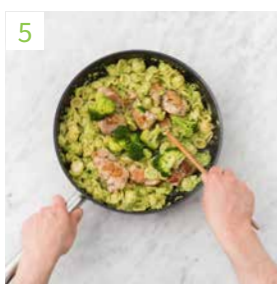
1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Zest and halve the **lemon**. Mince or grate the **garlic**. Cut the **mozzarella** into bite-sized pieces.



2 Cook the chicken: Pat the **chicken thighs** dry with a paper towel. Season with **oregano, salt,** and **pepper** on all sides. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken** to the pan. Cook 4-7 minutes per side, until cooked through. Remove from the pan and let rest 5 minutes before chopping into bite-sized pieces.



3 Cook the broccoli and orecchiette: Place the **broccoli florets** into the boiling water. Cook 3-4 minutes, until crisp-tender. Remove with a slotted spoon, keeping the water boiling on the stove. Add the **orecchiette** to the boiling water. Cook 9-11 minutes, until al dente. Drain, reserving $\frac{1}{2}$ **cup pasta water**.



4 Make the broccoli pesto: Place **half the broccoli** in a medium bowl and mash with a potato masher (a food processor would work as well). Mix in 2 large drizzles of **olive oil** (we used about 4 teaspoons) and as much **garlic** as you like. Season with **salt** and **pepper**.

5 Finish the dish: Add the **broccoli pesto** to the same large pan (you used for the chicken) over medium heat. Scrape up any brown bits from the bottom. Add the **orecchiette** and toss to combine. Stir in the **sour cream** and a pinch of **chili flakes** (if your family likes a little heat). Toss the **chicken, mozzarella,** and remaining **broccoli** into the pan. If the **sauce** is too thick, add some of the reserved **pasta water**. Taste and season with **salt, pepper,** and a squeeze of **lemon**.

6 Plate: Divide the **broccoli pesto orecchiette** between plates. Garnish with **lemon zest** and a squeeze of **lemon** and enjoy!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics**, and you'll be entered into our weekly photo contest!

