



WINNER WINNER CHICKEN ORZO DINNER

with Cheesy Roasted Veggies

PREP: 5 MIN
TOTAL: 30 MIN

LEVEL 1

NUT
FREE



HELLO

CHEESY ROASTED ZUCCHINI

Creamy, crispy and
irresistibly tender

INGREDIENTS:

- Zucchini
- Roma Tomato
- Italian Seasoning
- Mozzarella Cheese (Contains: Milk)
- Lemon
- Orzo Pasta (Contains: Wheat)
- Chicken Breast
- Panko Breadcrumbs (Contains: Wheat)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- 1 TBSP
- 4 oz
- 1
- 3 oz
- 12 oz
- ¼ Cup
- ¼ Cup

FOR 4 PEOPLE:

- 2
- 2
- 2 TBSP
- 8 oz
- 1
- 6 oz
- 24 oz
- ½ Cup
- ½ Cup

NUTRITION PER SERVING

727 cal | Fat: 30 g | Sat. Fat: 13 g | Protein: 67 g | Carbs: 53 g | Sugar: 8 g | Sodium: 522 mg | Fiber: 7 g

START STRONG

No broiler? No problem! Just crank up the oven to high and keep a close eye on the veggies. You don't want all that deliciousness to burn.



BUST OUT

- Large pot
- Strainer
- Plastic wrap
- Olive oil (4 tsp | 8 tsp)
- Baking sheet
- Large pan



1 PREHEAT OVEN AND PREP VEGGIES

Wash and dry all produce.

Preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Slice **zucchini** into 1/4-inch-thick rounds. Cut **tomato** into wedges. Toss zucchini and tomato with **1 TBSP olive oil** and half the **Italian seasoning**. Season with **salt** and **pepper**.



4 BUTTERFLY AND COOK CHICKEN

Cut three quarters of the way through each **chicken breast** (parallel to cutting board). Open up like a book, cover with plastic wrap, and flatten with a large pan. Season on all sides with **salt, pepper**, and remaining **Italian seasoning**. Heat a drizzle of **olive oil** in the pan over medium-high heat. Add **chicken** and sear until cooked through, 3-4 minutes per side. Remove from pan.

2 ROAST VEGGIES AND PREP REMAINING INGREDIENTS

Place **veggies** on a baking sheet. Roast in oven until **zucchini** is golden brown and **tomato** softens, 20-25 minutes. Meanwhile, chop **mozzarella** into 1/2-inch-thick cubes. Halve **lemon**.



5 BROIL VEGGIES

With 5 minutes left on **veggies**, remove baking sheet from oven. Heat broiler to high or increase oven to 500 degrees. Sprinkle **veggies** with **panko, mozzarella cheese**, and **Parmesan cheese**. Broil until **cheese** is melted and panko is golden brown, 3-5 minutes.

3 COOK ORZO

Once **water** boils, add half the **orzo** (we sent more). Cook until al dente, 9-11 minutes. Drain and return to pot. Squeeze in juice of half the **lemon**. Season to taste with **salt** and **pepper**.



6 FINISH AND PLATE

Plate **orzo** and top with **cheesy roasted veggies** and **chicken breast**. Pour over any juices from plate and a squeeze of remaining **lemon**.

AMAZING!

Next time, try adding mushrooms and peppers to the veggie mix.

