



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

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 510**



Shallot



Zucchini



Chicken Breasts



Sour Cream
(Contains: Milk)



Whole Wheat Pita
(Contains: Wheat)



Dill



Grape Tomatoes



Herbs de Provence



Italian Cheese Blend
(Contains: Milk)

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



PAIR WITH

Le Champignon Monterey County
Pinot Noir, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

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.



2 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.



3 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.



4 COOK CHICKEN

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.



5 COOK ZUCCHINI

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**.



6 PLATE AND SERVE

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 Provence.

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