

DINNERLY

D56 hero1

Mediterranean Chicken Pasta with Olives, Sweet Peppers & Onions



20-30min



4 Servings

We're sailing into the Med with this recipe and we think you should break out your best cruise wear and come along for the ride! Sweet bell peppers and silky caramelized onions unite with the almighty Kalamata olive for a delightful sweet and salty effect. Boneless, skinless chicken breasts are tossed in there too for a protein-rich pasta dinner that comes together in no time. All aboard! We've...

WHAT WE SEND

- red bell peppers
- yellow onion
- boneless, skinless chicken breasts

WHAT YOU NEED

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- colander
- large skillet

ALLERGENS

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 689.0kcal, Fat 15.5g, Proteins 39.2g, Carbs 95.5g



1. Prep vegetables & olives

Bring a large pot of **salted water** to a boil. Trim ends from **onion**, then halve, peel, and thinly slice lengthwise. Halve **peppers**, remove stems and seeds, then thinly slice. Coarsely chop **olives**, removing any pits if necessary.



2. Prep chicken

Pat **chicken** dry; cut crosswise into ¼-inch strips. In a medium bowl, toss chicken with **1 tablespoon oil**, **½ teaspoon salt**, and **¼ teaspoon pepper**.



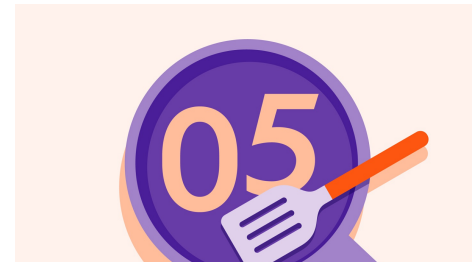
3. Brown onions

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **onions**. Cook, stirring occasionally, until beginning to brown, about 7 minutes. Add **peppers**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Reduce heat to medium. Cook until peppers are very soft, 8-10 minutes.



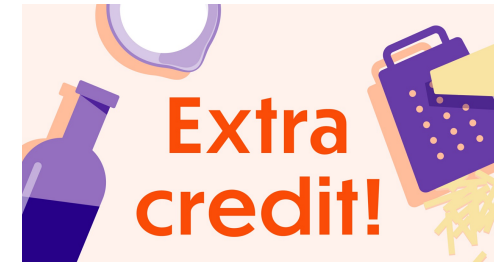
4. Cook pasta

Meanwhile, add **pasta** to boiling water. Cook until al dente, about 9 minutes. Reserve **1 cup pasta cooking water**, then drain and return pasta to empty pot.



5. Add chicken & olives

Add **chicken** and **½ of the olives** to skillet with veggies. Cook until opaque, 3-4 minutes. Stir in **2 tablespoon flour** to coat. Add **pasta water**; cook until liquid is reduced by ½ and chicken is cooked through, 2-3 minutes. Season to taste with **salt** and **pepper**. Add to pasta and toss to combine. Serve topped with **remaining olives**; drizzle with **olive oil**. Enjoy!



6. Spice it up!

Add a hit of crushed red chili flakes for those that like a little heat. Or some grated Parm for the cheese lovers.