



Sautéed Chicken & Snap Peas

with Rice Pilaf & Herb-Olive Salsa



20-30min



2 Servings

Chicken is seared to golden perfection and served with a lively salsa verde that combines parsley, shallots, and briny Castelvetrano olives. The savory nuttiness of the toasted orzo-rice pilaf balances well with the sweet caramelization of the blistered sugar snap peas.

FAST

What we send

- jasmine rice
- shallot
- boneless, skinless chicken breasts
- fresh parsley
- sugar snap peas

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- large nonstick skillet
- meat mallet (or heavy skillet)
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1010.0kcal, Fat 44.0g, Proteins 51.0g, Carbs 98.0g



1. Prep chicken

Pat **chicken** dry. Place between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound to an even ½-inch thickness. Rub chicken with **oil** and season with **½ teaspoon salt** and **several grinds of pepper**. Let sit until step 5.



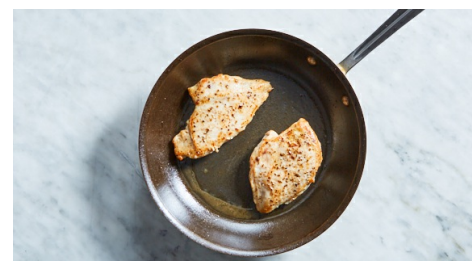
4. Prep snap peas

Trim ends from **snap peas**, removing any tough strings.



2. Make pilaf

Peel and finely chop **¼ cup shallot**. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo, rice**, and half of the shallots; cook until shallots and orzo are golden, stirring frequently, about 5 minutes. Add **1 2/3 cups water** and **½ teaspoon salt**; bring to boil. Cover, and simmer until tender and water is absorbed, about 17 minutes.



5. Sauté chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook until golden and firm to the touch, turning once, 2-3 minutes per side. Transfer to a plate.



3. Make herb-olive salsa

Pick **parsley leaves** from stems; coarsely chop leaves, discarding stems. Coarsely chop **olives**, removing pits if necessary. On a cutting board, combine parsley, olives, and **remaining shallots**, and finely chop together. Transfer herb-olive mixture to a small bowl. Stir in **1 tablespoon vinegar** and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



6. Cook snap peas & serve

Add **1 teaspoon oil** and **snap peas** to same skillet; cook over medium-high until browned in spots and crisp-tender, stirring occasionally, 2-3 minutes. Season to taste with **salt** and **pepper** and transfer to plates. Fluff **pilaf** with a fork. Serve **pilaf** alongside **chicken** and **snap peas** with **herb-olive salsa** spooned over top. Enjoy!