



WINNER WINNER CHICKEN ORZO DINNER

with Cheesy Roasted Zucchini and Tomatoes



HELLO

CHEESY ROASTED VEGGIES

Tantalizingly tender zucchini and tomato with a crispy, cheesy finish

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 730



Zucchini



Italian Seasoning



Chicken Breast



Lemon



Panko Breadcrumbs
(Contains: Wheat)



Roma Tomato



Orzo Pasta
(Contains: Wheat)



Mozzarella Cheese
(Contains: Milk)



Parsley



Parmesan Cheese
(Contains: Milk)

START STRONG

No broiler? No problem! Just crank up the oven to 500 and keep a close eye on the veggies. You don't want all that deliciousness to burn.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Roma Tomato 1 | 2
- Italian Seasoning 1 TBSP | 2 TBSP
- Orzo Pasta 3 oz | 6 oz
- Chicken Breast 12 oz | 24 oz
- Mozzarella Cheese 4 oz | 8 oz
- Lemon 1 | 1
- Parsley ¼ oz | ¼ oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Parmesan Cheese ¼ Cup | ½ Cup

HELLO WINE

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1 PREHEAT 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 ¼-inch-thick rounds. Cut **tomato** into wedges. Toss zucchini and tomato with **1 TBSP olive oil** and half the **Italian seasoning** on a baking sheet. Season with **salt** and **pepper**.



4 COOK CHICKEN AND PREP
Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until no longer pink in center, 3-4 minutes per side. Remove from pan and set aside on a plate. Meanwhile, chop **mozzarella** into ½-inch cubes. Halve **lemon**. Roughly chop **parsley**.



2 ROAST VEGGIES AND COOK PASTA
Roast **veggies** until just shy of tender, about 10 minutes (we'll be adding more items to the sheet later). Once **water** is boiling, add half the **orzo** to pot (save the rest for another use). Cook, stirring occasionally, until al dente, 9-11 minutes. Drain, then return to pot.



5 BROIL VEGGIES
Once **veggies** have roasted 10 minutes, remove baking sheet from oven. Heat broiler to high or increase oven temperature to 500 degrees. Sprinkle veggies with **panko**, **mozzarella**, and **Parmesan**. Broil (or bake) until panko is golden brown, cheese is melted, and veggies are tender, 3-5 minutes.



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 and season all over with **salt**, **pepper**, and remaining **Italian seasoning**. Repeat with other chicken breast.



6 FINISH AND PLATE
Add juice from one **lemon half** and half the **parsley** to pot with orzo and toss to combine. Season to taste with **salt** and **pepper**. Divide **orzo** between plates. Top with **veggies** and **chicken**. Drizzle with any chicken juices from plate and a squeeze of lemon. Garnish with remaining **parsley**.

AMAZING!

Try adding a panko crust to your favorite roasted veggies.



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