



NUTRITION *per serving* 41g carbohydrates 24g fat 61g protein 795mg sodium | low-calorie, soy-free, nut-free



Calories
625



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

Chicken with Burrata Cheese, Charred Tomatoes, and Ciabatta Garlic Bread

with roasted vegetables

IN YOUR BOX

- 1 Zucchini
- 1 Red Bell Pepper
- 1 Red Onion
- 3 Oregano Sprigs
- 2 Garlic Cloves
- 1 Ciabatta Bread Roll
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Grape Tomatoes
- 4 oz. Burrata Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Baking Sheets
- Medium Non-Stick Pan
- Small Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **400 degrees**
- Prepare two baking sheets with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Oregano** is used three times. **Minced oregano** is used to flavor **vegetables** and **garlic bread**. Reserved **oregano tops** are used as garnish.
- Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use only one clove for making **garlic bread** if preferred.

FROM THE CHEF

There are no rules when eating this dish. Use creamy burrata as a sauce and spread for chicken and bread. You can crush charred tomatoes with your fork and spread on bread, as well. Have fun!

Did you know...

"Burrata" is the Italian word for "battered," which gives a hint about its delicious flavor, perfect for spreading on bread or using as a sauce.



Prepare the Ingredients

Trim **zucchini** ends, quarter lengthwise, and cut on an angle into 1" slices. Stem, seed, and cut **red bell pepper** into 1" dice. Peel **onion** and slice into ¼" rounds. Stem and mince **oregano** (reserve two tops for garnish). Mince **garlic**. Halve **ciabatta roll**. Rinse **chicken breasts**, pat dry, and season on both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Make the Garlic Bread

While chicken cooks, combine 1 Tbsp. **olive oil**, remaining minced **oregano**, and **garlic** (to taste) in a small bowl. Spread mixture on cut sides of **bread**, place on second prepared baking sheet, and bake 6-9 minutes, or until golden brown. Remove from oven and cut bread into triangles.



Roast the Vegetables

Toss together **zucchini**, **red pepper**, **onion**, ½ tsp. **salt**, ¼ tsp. **pepper**, half the minced **oregano**, and 1 Tbsp. **olive oil** on first prepared baking sheet. Roast 15-18 minutes, or until vegetables are tender and slightly charred.



Plate the Dish

Arrange **chicken**, **vegetables**, **charred tomatoes**, and **garlic bread** on a plate. Slice **burrata** in half and place on plate. Garnish burrata with **salt**, **pepper**, a drizzle of **extra virgin olive oil**, and reserved **oregano tops**. Creamy burrata can be used as a sauce for chicken, vegetables, and garlic bread.



Cook the Chicken and Tomatoes

While vegetables are roasting, heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook 5-8 minutes on each side, or until chicken is golden brown and reaches a minimum internal temperature of 165 degrees. Remove chicken to a plate, loosely cover with foil, and rest at least 5 minutes. Return pan to high heat (no need to wipe clean) and add **tomatoes**. Cook undisturbed until one side of tomato is charred and wrinkled, 1-2 minutes. Remove charred tomatoes to a plate.