Coupons will be automatically applied to your account from the day of registration. Discounts are forfeit in any week an order is skipped or paused. Valid for new meal plan subscriptions only. Limit one per household. Cannot be combined with any other offer. Discount will be taken off of the price of the products and does not apply to shipping or tax, except where otherwise indicated. Redeeming this offer results in the purchase of a continuous subscription for which you will automatically receive weekly deliveries billed to your designated payment method until you cancel.

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Creamy Pesto Chicken & Orzo
with Capers & Currants

30 MIN
4 Servings
Wellness at Blue Apron
Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.
Vegetarian
These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.
Carb Conscious
This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.
Mediterranean Diet
Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.
600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

Wellness Grain

These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.

Pescatarian

These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.

30g Of Protein

These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Keto Friendly

These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).

45g Of Protein

These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Nutritionist's Pick

These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.

Wheat Free

These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.

Reduced Sodium

These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.

Vegan

To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.' Nutrition Facts Panels are available up to 1.5 weeks in advance

Customer Favorites

Available Options

- with Boneless Chicken Breast Pieces
includes 18 oz No Added Hormones, Antibiotic-Free Boneless Chicken Breast Pieces

- with Salmon
includes four 5-oz Sustainably Sourced Skin-On Salmon Fillets View recipe

with Boneless Chicken Breast Pieces

From the Test Kitchen

In this colorful dish, sautéed chicken, capers, and currants, and a hearty bed of orzo (studded with carrots, juicy tomatoes, and spinach) come together under a drizzle of creamy basil pesto—creating a variety of exciting flavors and textures in every bite.

CLICK FOR RECIPE CARD

Nutrition
PER SERVING

Calories
650 Cals

View Full Nutrition
Download

fresh ingredients

- 18 oz Boneless Chicken Breast Pieces
- ½ lb Orzo Pasta
- ¾ lb Carrots
- 5 oz Baby Spinach
- ½ lb Grape Tomatoes
- 2 cloves Garlic
- 1 Tbsp Capers
- 2 Tbsps Dried Currants
- ⅓ cup Basil Pesto
- ¼ cup Mayonnaise
- ¼ tsp Crushed Red Pepper Flakes

Unlock this recipe and thousands more

Plus, get deliciousness delivered to your inbox—like special offers, new menu items, and more.

Email Unlock recipe

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step-by-step instructions

1 Prepare the ingredients

Fill a large pot 3/4 of the way up with salted water; cover and heat to boiling on high. Wash and dry the fresh produce. Peel the **carrots**; halve lengthwise, then thinly slice crosswise. Halve the **tomatoes**. Peel and roughly chop **2 cloves of garlic**. In a bowl, combine the **pesto** and **mayonnaise**; season with salt and pepper.

2 Cook the vegetables

In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced carrots** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned. Add the **halved tomatoes** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Transfer to a bowl and cover with foil to keep warm. Wipe out the pan.

3 Cook the pasta & wilt the spinach

Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 8 to 10 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Add the **spinach**; season with salt and pepper. Stir until wilted and thoroughly combined.

4 Cook the chicken

Pat the **chicken** dry with paper towels; season with salt and pepper. In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the **currants**, **capers**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is browned and cooked through. Turn off the heat.

5 Finish the pasta & serve your dish

To the pot of **cooked pasta and spinach**, add the **cooked vegetables** and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired. Serve the **finished pasta** topped with the **cooked chicken**. Drizzle with the **creamy pesto**. Enjoy!