

LEMONY SPAGHETTI WITH BRUSSELS SPROUTS

sprinkled with Toasted Panko & Chives

INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ¼ oz
Chives



8 oz | 16 oz
Brussels Sprouts



1 | 1
Lemon



6 oz | 12 oz
Spaghetti
Contains: Wheat



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 1 tsp
Chili Flakes



1 oz | 2 oz
Cheese Roux
Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 920



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 1020



DATE NIGHT DELIGHTS



Make things Kitchen Official with an unforgettable at-home date night with recipes curated by HelloFresh and Tinder.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720

SEA-SONING

When salting your pasta cooking water, don't be shy—add a few big pinches until it tastes almost as salty as the sea!

BUST OUT

- Large pot
- Zester
- Strainer
- Large pan (or 2 large pans) [🍳] [🍳]
- Small bowl
- Whisk
- Paper towels [🍳]
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) [🍳] [🍳]
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Mince **chives**. Trim and halve **Brussels sprouts** lengthwise; lay flat, then thinly slice crosswise into shreds. Zest and quarter **lemon**.



4 START SAUCE

- Once spaghetti is drained, heat empty pot over medium heat. Add **cheese roux** and **1 cup reserved pasta cooking water** (1½ cups for 4 servings); whisk to combine. Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **cream cheese** until melted and combined.



2 COOK PASTA & TOAST PANKO

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (2 cups for 4 servings), then drain. (Keep empty pot handy for Step 4.)
- Meanwhile, melt **1 TBSP plain butter** (2 TBSP for 4) in a large pan over medium-high heat. Add **panko** and cook, stirring, until golden and toasted, 2-3 minutes. Stir in **half the chives** and season with **salt and pepper**. Turn off heat; transfer to a small bowl. Wipe out pan.



5 FINISH SAUCE & PASTA

- Add **drained spaghetti**, **Brussels sprouts**, **garlic herb butter**, **Parmesan**, **half the lemon zest**, **remaining chives**, and a **big squeeze of lemon juice** to pot with **sauce**. Cook, tossing, until butter has melted and pasta is coated in a creamy sauce, about 1 minute. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Taste and season with **salt and pepper**. Add more lemon juice if desired.

- [🍳] Add **chicken** or **sausage** to **sauce** along with **drained spaghetti**.



3 COOK BRUSSELS SPROUTS

- Heat a **large drizzle of olive oil** in same pan over medium-high heat. Add **Brussels sprouts** and season with **salt and pepper**. Cook, stirring occasionally, until bright green and slightly softened, 4-6 minutes.
- Stir in a **pinch of chili flakes** if desired; cook for 30 seconds more. Turn off heat.

- [🍳] Pat **chicken*** dry with paper towels and season all over with **salt and pepper**.
- [🍳] Heat a **drizzle of oil** in a second large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Transfer to a plate.



6 SERVE

- Divide **pasta** between bowls. Top with **panko** and **remaining lemon zest** to taste. Sprinkle with **remaining chili flakes** if desired. Serve with any **remaining lemon wedges** on the side.

[🍳] *Chicken is fully cooked when internal temperature reaches 165°.

[🍳] *Chicken Sausage is fully cooked when internal temperature reaches 165°.