



CHICKEN PENNE AL LIMONE

with Zucchini, Toasted Garlic & Fresh Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



1 | 2
Zucchini



1 | 1
Lemon



¼ oz | ¼ oz
Parsley



6 oz | 12 oz
Penne Pasta
Contains: Wheat



10 oz | 20 oz
Chopped Chicken
Breast



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

PASTA AL LIMONE

A delightfully simple dish made with lemon,
Parmesan, and butter.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 860



THE PERFECT TOAST

In Step 2, watch your garlic closely as it burns in a flash! Transfer it to a paper-towel-lined plate to stop the cooking process.

BUST OUT

- Large pot
 - Slotted spoon
 - Zester
 - Paper towels
 - Large pan
 - Strainer
-
- Kosher salt
 - Black pepper
 - Olive oil (1 tsp | 1 tsp)
 - Cooking oil (2 tsp | 2 tsp)
 - Butter (2 TBSP | 3 TBSP)
Contains: Milk

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Peel and thinly slice **garlic**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Zest and quarter **lemon**. Finely chop **parsley**.



4 COOK CHICKEN

- While zucchini cooks, pat **chicken*** dry with paper towels; season with **salt** and **pepper**.
- Once zucchini is done, heat a **drizzle of oil** in same pan over medium-high heat. Add chicken in a single layer and cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
- Reduce heat to medium.



2 TOAST GARLIC

- Heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium heat. Add **garlic** and cook, stirring occasionally, until golden and fragrant, 1 minute. **TIP: Keep a close eye on the garlic to avoid burning. Remove from heat as soon as it turns a pale golden color.**
- Turn off heat; using a slotted spoon, transfer garlic to a paper-towel-lined plate. Wipe out pan.



5 MAKE SAUCE

- Stir in **cream sauce base**, **¼ cup reserved pasta cooking water** (½ cup for 4 servings), and a **big squeeze of lemon juice**; cook, stirring occasionally, until thickened, 2-3 minutes. **TIP: If sauce seems too thick, stir in another splash or two of pasta cooking water.**



3 COOK PASTA & ZUCCHINI

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water**, then drain and set aside.
- While pasta cooks, heat a **drizzle of oil** in pan used for garlic over medium-high heat. Add **zucchini** and cook, stirring, until tender and lightly golden, 5-6 minutes. Season with **salt** and **pepper**.
- Transfer to a plate.



6 FINISH & SERVE

- Add drained **penne**, toasted **garlic**, **zucchini**, **half the Parmesan**, **half the parsley**, **half the lemon zest** (use all the zest if desired), and **2 TBSP butter** (3 TBSP for 4 servings) to pan with **sauce**. Toss to combine. Season with **salt** and **pepper**. **TIP: If needed, stir in more pasta cooking water a splash at a time until everything is coated in a creamy sauce.**
- Divide **pasta** between bowls. Top with remaining Parmesan and remaining parsley. Serve with **remaining lemon wedges** on the side.

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