



CREAMY SUN-DRIED TOMATO & CHICKEN PASTA

with Parmesan & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1.5 oz | 3 oz
Sun-Dried
Tomatoes



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



6 oz | 12 oz
Rigatoni Pasta
Contains: Wheat



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

SUN-DRIED TOMATOES

This pantry powerhouse is packed with umami and bursting with sweet, tangy tomato flavor.

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 750



HELLO FRESH

SEA-SONING

Your cooking water is the only chance you have to season the pasta itself, so treat it like any other ingredient. The water should taste about as salty as the sea!

BUST OUT

- Large pot
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp | 2 tsp**)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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



1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Finely chop **sun-dried tomatoes**.



2 COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **garlic powder, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 2-3 minutes per side.
- Turn off heat; transfer to a cutting board. Wipe out pan and let cool slightly.



3 COOK PASTA

- Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water (2 cups for 4 servings)**, then drain.



4 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **scallion whites** and **sun-dried tomatoes**; cook, stirring constantly, until fragrant, 1-2 minutes.
- Stir in **cream sauce base, stock concentrate, and ¼ cup pasta cooking water (½ cup for 4 servings)**. Bring to a simmer, then reduce heat to low. Cook, stirring constantly until sauce is warmed through, 1-2 minutes. **TIP: If pasta isn't done cooking, ladle water directly from pot.**



5 FINISH PASTA

- Slice **chicken** crosswise.
- Add chicken and **drained rigatoni** to pan with **sauce**. Toss to thoroughly coat. Taste and season with **salt and pepper** if desired. **(For 4 servings, if your pan isn't large enough, carefully transfer everything back into the empty pasta pot.)**



6 SERVE

- Divide **pasta** between shallow bowls and top with **Parmesan** and **scallion greens**. Serve.

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