



NEAPOLITAN AGLIO E OLIO CHICKEN & PASTA

with Colavita Garlicolio, Tomato & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



¼ oz | ½ oz
Parsley



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 1 TBSP
Italian Seasoning



6 oz | 12 oz
Colavita Spaghetti
Contains: Wheat



5 tsp | 10 tsp
Colavita Garlicolio



1 tsp | 2 tsp
Chili Flakes



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HELLO

AGLIO E OLIO

This pasta dish, meaning “garlic and oil” in Italian, is a simple, flavorful Neapolitan classic.

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 770

COLAVITA

COLAVITA
Family-owned Colavita has been distributing premium Italian products since 1979, ingredients of choice for chefs at home and in professional kitchens alike.



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
- Aluminum foil
- Paper towels
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (5 tsp | 10 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Finely dice **tomato**. Pick **parsley leaves** from stems; roughly chop leaves.



2 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **half the Italian Seasoning (all for 4 servings), salt (we used ¼ tsp; ½ tsp for 4),** and **pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken starts to brown too quickly, reduce heat to medium and cover pan after flipping.**
- Turn off heat; transfer to a cutting board and tent with foil to keep warm. Wipe out pan and let cool slightly.



3 COOK PASTA

- Once water is boiling, add **Colavita spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water (1 cup for 4 servings),** then drain.



4 MAKE SAUCE

- Meanwhile, heat **Colavita garlicolio** in pan used for chicken over medium-low heat. Add **tomato** and **chili flakes (we used ½ tsp; add a pinch more if you like things spicy);** cook, stirring occasionally, until softened and fragrant, 2-3 minutes.
- Stir in **¼ cup reserved pasta cooking water (½ cup for 4 servings).** Bring to a simmer, then remove from heat. **TIP: If pasta is still cooking, carefully add water directly from pot.**



5 FINISH PASTA

- Add **drained Colavita spaghetti, 1 TBSP butter,** and a **drizzle of olive oil** to pan with **sauce (2 TBSP butter and a large drizzle of olive oil for 4 servings);** toss until evenly coated. Taste and season with **salt** and **pepper** if desired.



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide **pasta** between bowls and garnish with **parsley.** Top with chicken and a **large drizzle of olive oil.** Serve.

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