



SUNNY LEMON CHICKEN RIGATONI

plus Roasted Broccoli, Parmesan & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



1 Clove | 2 Cloves
Garlic



2 | 4
Lemons



¼ oz | ½ oz
Parsley



6 oz | 12 oz
Rigatoni Pasta
Contains: Wheat



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Chicken Stock
Concentrate



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



HELLO

SEARED LEMON

Searing lemon slices adds sweetness and complexity (and makes the kitchen smell great!).



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 880



WORTH THE WHISK

To make this silky, creamy sauce, you'll be combining concentrated ingredients—make sure to whisk well until fully blended and smooth.

BUST OUT

- Large pot
- Plastic wrap
- Baking sheet
- Mallet
- Strainer
- Large pan
- Paper towels
- Whisk

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- 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. Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Thinly slice **one lemon**; quarter remaining lemon (**for 4 servings, thinly slice two lemons; quarter remaining lemons**). Peel and mince or grate **garlic**. Roughly chop **parsley**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **1 tsp Italian Seasoning (2 tsp for 4 servings), salt, and pepper.** (**Be sure to measure the Italian Seasoning—we sent more!**)
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board. Wipe out pan and let cool slightly.



2 ROAST BROCCOLI

- Toss **broccoli** on a baking sheet with a **drizzle of oil, garlic powder, salt, and pepper.** Roast on top rack until browned and tender, 15-20 minutes. **TIP: If needed, cover broccoli with foil to keep warm until ready to serve.**



5 SEAR LEMON & MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **lemon slices** in a single layer; cook, stirring occasionally, until fragrant and lightly browned, 1-2 minutes. Transfer to a plate.
- Add **garlic** to same pan and cook, stirring, until fragrant, 30-60 seconds.
- Whisk in **reserved pasta cooking water, cream sauce base, stock concentrate, Parmesan, and juice from two lemon wedges (four wedges for 4 servings).** Cook, whisking, until slightly thickened, 2-4 minutes.
- Reduce heat to medium low. Whisk in **sour cream** and **1 TBSP butter (2 TBSP for 4)** until smooth.
- Slice **chicken** crosswise. Add chicken to pan and toss to coat.



3 COOK PASTA

- Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **¼ cup pasta cooking water (½ cup for 4 servings)**, then drain.



6 FINISH & SERVE

- Divide **drained rigatoni** between shallow bowls; top with **saucy chicken**. Spoon any **remaining sauce** from pan over everything. Garnish with **seared lemon slices** and **parsley**.
- Serve with **roasted broccoli** and **remaining lemon wedges** on the side.

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