



# LEMONY SPAGHETTI WITH BRUSSELS SPROUTS

sprinkled with Toasted Panko & Scallions

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 2  
Scallions



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



4 oz | 8 oz  
Cream Sauce Base  
Contains: Milk



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Veggie Stock  
Concentrate



1 TBSP | 1 TBSP  
Italian Seasoning



2 TBSP | 4 TBSP  
Garlic Herb Butter  
Contains: Milk



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!



## HelloCustom

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



10 oz | 20 oz  
Shrimp  
Contains: Shellfish  
Calories: 950



9 oz | 18 oz  
Italian Chicken  
Sausage Mix  
Calories: 1090



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 830



# HELLO FRESH

## HELLO

### ITALIAN SEASONING

An oregano, basil, and parsley herb blend.

### 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
  - Paper towels 🍳
  - Whisk
  - Kosher salt
  - Black pepper
  - Olive oil (2 tsp | 2 tsp)
  - Cooking oil (1 tsp | 1 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.**
- Trim and thinly slice **scallions**, separating whites from greens. 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 **cream sauce base** and **¼ cup reserved pasta cooking water** (½ cup for 4 servings).
- Bring to a simmer, then remove pan from heat. Whisk in **cream cheese** until melted and combined; taste and season with **salt** and **pepper**.



### 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 **scallion whites** 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**, **stock concentrate**, **garlic herb butter**, **Parmesan**, **scallion greens**, **half the Italian Seasoning** (all for 4 servings), **half the lemon zest**, 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 **shrimp** 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.

- 🍳 Rinse **shrimp\*** under cold water, then pat dry with paper towels. Season with **salt** and **pepper**. Heat **drizzle of oil** in a second large pan over medium-high heat. Add shrimp or **sausage\***; cook, stirring frequently, until 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.

🍳 \*Shrimp are fully cooked when internal temperature reaches 145°.

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