



PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Zucchini



2 | 4
Scallions



1 | 1
Lemon



6 oz | 12 oz
Penne Pasta
Contains: Wheat



1 TBSP | 1 TBSP
Tuscan Heat
Spice



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



1 | 2
Veggie Stock
Concentrate



4 oz | 4 oz
Peas



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!

*The ingredient you received may be a different color.



HelloCustom

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



10 oz | 20 oz
Chopped Chicken
Breast
Contains: Shellfish



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 930

Calories: 1000



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



HELLO

CRÈME FRAÎCHE

This cultured dairy product adds a rich tanginess.

YOU'RE THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Large pot
- Zester
- Baking sheet
- Strainer
- Whisk
- Large pan 🍳 🍳
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp) 🍳 🍳
- Olive 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

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 MAKE SAUCE

- Heat a **drizzle of olive oil** in pot used for pasta over medium heat. Add **scallion whites** and **1 tsp Tuscan Heat Spice** (2 tsp for 4 servings); cook, stirring, 1 minute. **(Be sure to measure the Tuscan Heat Spice; we sent more.)**
- Whisk in **cream sauce base, stock concentrate,** and **¼ cup reserved pasta cooking water** (½ cup for 4). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **crème fraiche** until smooth.



2 ROAST VEGGIES

- Toss **bell pepper** and **zucchini** on a baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on top rack until tender and lightly charred, 15-18 minutes.
- 🍳 While veggies roast, open package of **chicken*** and drain off any excess liquid; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until cooked through, 4-6 minutes. Transfer to a plate.



5 TOSS PASTA

- Add drained **penne, peas, half the Parmesan** (save the rest for serving), **half the lemon zest, 1 TBSP butter** (2 TBSP for 4 servings), and a **big squeeze of lemon juice** to pot with **sauce**. Cook, stirring, until butter has melted and penne is coated in a creamy sauce. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Stir in **roasted veggies**. Taste and season with **salt** and **pepper**. Add more lemon zest or lemon juice if you like. **TIP: For an extra-rich experience, stir in another 1 TBSP butter** (2 TBSP for 4).

- 🍳 Stir in **chicken** or **sausage** along with **roasted veggies**.



3 COOK PASTA

- Once water is boiling, add **penne** 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 next step.)**



6 SERVE

- Divide **pasta** between plates or shallow bowls. Top with **scallion greens** and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

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

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