



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



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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
- Baking sheet
- Strainer
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- 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°.