



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



1 oz | 2 oz
Cheese Roux
Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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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: 850



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 920



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



HELLO

PANKO TOPPING

Garlicky, scallion-laced breadcrumbs lend toasty flavor and crispy contrast to pasta.

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
- Whisk
- Paper towels 🍳

- 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 **cheese roux** and **1 cup reserved pasta cooking water** (1½ cups for 4 servings); whisk to combine. Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **cream cheese** until melted and combined.



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**, **garlic herb butter**, **Parmesan**, **scallion greens**, **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 **chicken** 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 and pat dry with paper towels or open package of **chicken*** and drain off any excess liquid. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a second large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, 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.

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

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