



# ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 2 TBSP  
Italian Seasoning



1 tsp | 1 tsp  
Chili Flakes



1 | 2  
Chicken Stock  
Concentrate



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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## HELLO

### ITALIAN SEASONING

Oregano, basil, and parsley make this blend  
so *delizioso*.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 740





## STAR(CH) OF THE SHOW

Our test kitchen's secret to silky sauce? Pasta cooking water! The starchy liquid helps emulsify the sauce until it's nice and smooth.

## BUST OUT

- Large pot
- Zester
- Strainer
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 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.

## HOW WAS YOUR MEAL?



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### 1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Peel and mince **garlic**. Zest and quarter **lemon**.



### 2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water**, then drain. (**Keep empty pot handy for step 5.**)



### 3 COOK ZUCCHINI

- While pasta cooks, heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring occasionally, until browned and softened, 4-6 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate. Wipe out pan.



### 4 COOK CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels and season all over with **Italian Seasoning, salt, and pepper**.
- Once zucchini is done, heat a **large drizzle of oil** in same pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board to rest.
- Once cool enough to handle, slice chicken crosswise.



### 5 MAKE SAUCE

- Heat a **drizzle of olive oil** in pot used for spaghetti over medium-high heat. Add **garlic, half the lemon zest, and a pinch of chili flakes**. Cook, stirring, until fragrant, 20-30 seconds.
- Stir in **½ cup reserved pasta cooking water** (¾ cup for 4 servings), **stock concentrate, and juice from two lemon wedges** (four wedges for 4). Simmer until thickened, 1-2 minutes. Turn off heat.



### 6 FINISH & SERVE

- Add drained **spaghetti, zucchini, sour cream, and 1 TBSP butter** (2 TBSP for 4 servings) to pot with **sauce**; toss to coat.
- Add **half the Parmesan** and season with **salt** and **pepper**. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time until spaghetti is coated in a creamy sauce.**
- Divide **pasta** between bowls. Top with **chicken, remaining Parmesan, remaining lemon zest, and a pinch of chili flakes** if desired. Serve with any **remaining lemon wedges** on the side.

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