



GERMAN-STYLE SMOKY CHICKEN PENNE

with Dark Meat Chicken, Zucchini & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 1
Lemon



¼ oz | ½ oz
Chives



6 oz | 12 oz
Penne Pasta
Contains: Wheat



10 oz | 20 oz
Diced Skinless Dark
Meat Chicken



1 oz | 2 oz
Smoky Mustard



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



1 | 2
Veggie Stock
Concentrate



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HelloCustom

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HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Asparagus
Calories: 640



8 oz | 16 oz
Broccoli
Calories: 670



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 640



HELLO

SMOKY MUSTARD

Smoked paprika and a dash of Worcestershire add depth to this tangy-savory condiment.

SQUEEZE THE DAY

Roll the lemon under your palm on the countertop before quartering. This hack softens the fruit, making it easier to get all of that juice when you squeeze it.

BUST OUT

- Medium pot
- Strainer
- Large pan
- Medium bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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 medium pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into ¼-inch-thick half-moons. Quarter **lemon**. Finely chop **chives**.
- 🔪 Trim and discard woody bottom
- 🔪 ends from **asparagus** or cut **broccoli** into bite-size pieces if necessary.



4 WHISK MUSTARD SAUCE

- While chicken mixture cooks, in a medium bowl, whisk together **mustard, cream cheese, stock concentrate, ½ cup reserved pasta cooking water, and juice from one lemon wedge** (¾ cup pasta cooking water and juice from two lemon wedges for 4 servings). **TIP: If pasta isn't done cooking, ladle water directly from pot.**



2 COOK PASTA

- Once water is boiling, add **pasta** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.



5 SIMMER SAUCE & TOSS PASTA

- Reduce heat under pan with **chicken mixture** to low and stir in **mustard sauce**. Cook, stirring constantly, until warmed through and thoroughly combined, 1-2 minutes.
- Add **drained pasta** to pan; toss to thoroughly coat. Taste and add a **squeeze of lemon juice**; season with **salt and pepper** if desired.



3 COOK CHICKEN & ZUCCHINI

- While pasta cooks, open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt and pepper**. Cook, stirring occasionally, until browned and almost cooked through, 3 minutes.
- Add **zucchini** and cook, stirring occasionally, until zucchini is lightly browned and chicken is cooked through, 2-3 minutes more.
- 🔪 Swap in **asparagus** or **broccoli** for zucchini. Cook, stirring occasionally, until veggies are lightly browned and chicken is cooked through, 3-5 minutes for asparagus or 4-5 minutes for broccoli.



6 SERVE

- Divide **pasta** between shallow bowls and top with **chives**. Serve with any **remaining lemon wedges** on the side.

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