



# CREAMY HERBED LEMON CHICKEN SPAGHETTI

with Peas & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



1 | 2  
Lemon



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 2 TBSP  
Italian Seasoning



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



1 tsp | 2 tsp  
Chili Flakes



4 oz | 8 oz  
Cream Sauce Base  
Contains: Milk



4 oz | 8 oz  
Peas



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## HELLO

### ITALIAN SEASONING

This savory blend of garlic, oregano, basil, and parsley adds herbaceous flavor to chicken cutlets.

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 790



## BEST OF THE ZEST

We like using a microplane for zesting because it's the best tool for the job; if you don't have one, use a peeler to remove the surface layer, then mince it.

## BUST OUT

- Large pot
- Zester
- Strainer
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Kosher salt
- Black pepper
- 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.**
- Peel and mince or grate **garlic**. Zest and quarter **lemon**.



### 2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water** (**1 cup for 4 servings**), then drain. (**Keep empty pot handy for Step 4.**)



### 3 COOK CHICKEN

- Pat **chicken\*** dry with paper towels. Place between two large pieces of plastic wrap and pound with a mallet or rolling pin until chicken is about ½ inch thick. Season with **Italian Seasoning, salt, and pepper**.
- Place **flour** on a plate. Working one piece at a time, press chicken into flour until fully coated, then shake off any excess.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board. **TIP: Cook in batches if necessary; lower heat if chicken browns too quickly.**



### 4 MAKE SAUCE

- Heat **1 TBSP butter** (**2 TBSP for 4 servings**) in pot used for pasta over medium heat. Add **garlic, half the lemon zest**, and a **pinch of chili flakes** (**big pinch for 4**) if desired. Cook, stirring, until fragrant, about 30 seconds.
- Stir in **cream sauce base and juice from two lemon wedges** (**four wedges for 4**). Cook, stirring constantly, until sauce thickens, 1-2 minutes. Taste and season with **salt and pepper**.



### 5 TOSS PASTA

- Add **drained spaghetti** and **peas** to pot with **sauce** and toss until evenly coated. **TIP: If needed, stir in pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**



### 6 FINISH & SERVE

- Slice **chicken** crosswise if desired.
- Divide **pasta** between bowls and top with chicken. Sprinkle with **remaining lemon zest** and a pinch of **chili flakes** if desired. Serve with **remaining lemon wedges** on the side.

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