



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



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



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HELLO

ITALIAN SEASONING

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

ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini & Chili Flakes



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 760



STAR(CH) OF THE SHOW

Our test kitchen's secret to luxurious, silky sauce? Pasta cooking water! The starch that the pasta releases while cooking helps emulsify sauce (aka make it 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

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



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.

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