



JUL
2016

One-Pot Chicken Alfredo

with Parmesan, Fresh Oregano, and Broccoli

Just when we thought our favorite alfredo dish couldn't get any better, this one-pot game-changer came along. Cook the pasta in its sauce for a creamy dream come true - not to mention an infinitely easier clean-up.



Prep: 10 min
Total: 35 min



level 1



nut free



Spaghetti



Chicken Breast



Broccoli Florets



Chicken Stock
Concentrate



Garlic



Parmesan Cheese



Oregano



Milk

Ingredients

		2 People	4 People
Spaghetti	1)	6 oz	12 oz
Chicken Breast		12 oz	24 oz
Broccoli Florets		4 oz	8 oz
Garlic		2 Cloves	4 Cloves
Oregano		¼ oz	¼ oz
Chicken Stock Concentrate		1	2
Parmesan Cheese	2)	1 oz	2 oz
Milk	2)	4 oz	8 oz
Butter*	2)	2 T	4 T
Oil*		2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pan

Ruler

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Nutrition per person Calories: 777 cal | Fat: 27 g | Sat. Fat: 13 g | Protein: 61 g | Carbs: 77 g | Sugar: 8 g | Sodium: 524 mg | Fiber: 6 g



1

1 Prep: Wash and dry all produce. Mince or grate the **garlic**. Finely chop the **oregano leaves**. Thinly slice the **chicken** into bite-sized strips and season with **salt** and **pepper**.



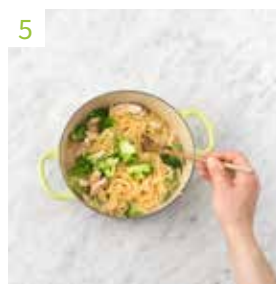
2

2 Cook the chicken and broccoli: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **broccoli** to the pan and cook, tossing, for 4-5 minutes, until softened and bright green. Add a splash of **water**, as necessary, to help. Season with **salt** and **pepper**, then remove from pan and set aside. Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **chicken** to the pan and cook 2-3 minutes per side, until golden brown. Remove from pan and set aside with the broccoli.



4

3 Start the sauce: Heat **1 Tablespoon butter** in the same pan over low heat. Add the **garlic** to the pan and cook for 30 seconds, until fragrant. Add the **stock concentrate**, a large pinch of **salt**, and **2 1/2 cups water** to the pan. Scrape up any browned bits from the bottom of the pan.



5

4 Cook the pasta: Add **½ cup milk** and the **spaghetti** to the pan. Bring to a boil, then reduce to a simmer for 15-20 minutes, until the **pasta** is al dente and liquid has reduced to a creamy consistency. **TIP:** If the liquid absorbs before the pasta is al dente, add a splash of water.

5 Toss: Add the **broccoli, chicken, chopped oregano, half the Parmesan cheese**, and **1 Tablespoon butter** to the pan. Cook, tossing, for 1-2 minutes, until warmed through. Season with **salt** and **pepper**.

6 Serve: Divide the **pasta** between bowls and garnish with the remaining **Parmesan cheese**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

