



PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

INGREDIENTS

2 PERSON | 4 PERSON



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 920



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 920



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



HELLO




PASTA PRIMAVERA

Creamy sauce and garden veggies make for pasta perfection!

YOU'RE THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove just the yellow surface layer from the lemon, then mince it.


BUST OUT

- Large pot
- Large pan 
- Zester
- Strainer
- Baking sheet
- Whisk
- Paper towels 
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp) 
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.




4 MAKE SAUCE

- Heat a **drizzle of olive oil** in pot used for pasta over medium heat. Add **scallion whites** and **1 tsp Tuscan Heat Spice** (2 tsp for 4 servings); cook, stirring, 1 minute. **(Be sure to measure the Tuscan Heat Spice; we sent more.)**
- Whisk in **cream sauce base**, **stock concentrate**, and **¼ cup reserved pasta cooking water** (½ cup for 4). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **crème fraîche** until smooth.



2 ROAST VEGGIES

- Toss **bell pepper** and **zucchini** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on top rack until tender and lightly charred, 15-18 minutes.
-  Pat **chicken*** or **organic chicken*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **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 plate; wipe out pan. Once cool enough to handle, slice chicken into strips.



5 TOSS PASTA

- Add drained **penne**, **peas**, **half the Parmesan** (**save the rest for serving**), **half the lemon zest**, **1 TBSP butter** (2 TBSP for 4 servings), and a **big squeeze of lemon juice** to pot with **sauce**. Cook, stirring, until butter has melted and penne is coated in a creamy sauce. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Stir in roasted **veggies**. Taste and season with **salt** and **pepper**. Add more lemon zest or lemon juice if you like. **TIP: For an extra-rich experience, stir in another 1 TBSP butter** (2 TBSP for 4).

-  Stir in **chicken** or **organic chicken** along with roasted **veggies**.



3 COOK PASTA

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (2 cups for 4 servings), then drain. **(Keep empty pot handy for next step.)**



6 SERVE

- Divide **pasta** between plates or shallow bowls. Top with **scallion greens** and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.