



PARMESAN-CRUSTED CHICKEN

with Creamy Lemon Tomato Spaghetti



HELLO

PARMESAN CRUST

Crispy, cheesy, and oh-so-satisfying, this is one of our favorite ways to adorn a chicken breast.

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 1020



Lemon



Fry Seasoning



Chicken Breasts



Mayonnaise
(Contains: Eggs)



Grape Tomatoes



Cream Cheese
(Contains: Milk)



Panko Breadcrumbs
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Dijon Mustard



Spaghetti
(Contains: Wheat)



Garlic

START STRONG

Our test kitchen's secret to luxurious, silky sauce without any added cream? Pasta cooking water! The starch that the pasta releases while cooking helps emulsify sauce (aka make it nice and smooth).

BUST OUT

- Large pot
- Paper towels
- Baking sheet
- Strainer
- Aluminum foil
- Medium bowl
- Zester
- Kosher salt
- 2 Small bowls
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Lemon **1 | 1**
- Panko Breadcrumbs **½ Cup | ½ Cup**
- Fry Seasoning **1 TBSP | 1 TBSP**
- Parmesan Cheese **½ Cup | 1 Cup**
- Chicken Breasts* **12 oz | 24 oz**
- Dijon Mustard **2 tsp | 2 tsp**
- Mayonnaise **2 TBSP | 2 TBSP**
- Spaghetti **6 oz | 6 oz**
- Grape Tomatoes **4 oz | 8 oz**
- Garlic **2 Cloves | 2 Cloves**
- Cream Cheese **2 TBSP | 2 TBSP**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP & MIX PANKO

Adjust rack to middle position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. Line a baking sheet with foil and lightly **oil**. **Wash and dry all produce.** Zest and quarter **lemon**. In a small bowl, combine **panko**, half the **Fry Seasoning**, half the **Parmesan**, and a drizzle of **oil**. Season with **salt** and **pepper**.



4 ROAST TOMATOES

Once chicken has roasted 10 minutes, remove baking sheet from oven. Place seasoned **tomatoes** on empty side of same sheet. Return to oven until tomatoes are lightly browned and softened and chicken is cooked through, 7-8 minutes. **TIP:** If tomatoes are still firm, remove chicken from sheet and roast tomatoes about a minute more.



2 ROAST CHICKEN

Pat **chicken** dry with paper towels and place on one side of prepared baking sheet. Season all over with **salt, pepper**, and remaining **Fry Seasoning**. In a second small bowl, combine **mustard** and **mayonnaise**; evenly spread onto tops of chicken. Mound coated sides with **panko mixture**, pressing to adhere (no need to coat the undersides). Roast for 10 minutes (we'll add more to the sheet then).



5 TOSS PASTA

Melt **1 TBSP butter** in pot used for pasta over medium heat. Add remaining **garlic**; cook until fragrant, 20-30 seconds. Lower heat; stir in **cream cheese**, a pinch of **lemon zest**, another **1 TBSP butter** (2 TBSP for 4 servings), and **¼ cup reserved pasta cooking water** until smooth. Squeeze in **1 TBSP lemon juice**; add **spaghetti** and toss to combine. **TIP:** If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.



3 COOK PASTA & SEASON TOMATOES

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain. Meanwhile, halve **tomatoes**. Mince or grate **garlic**. In a medium bowl, toss tomatoes with half the garlic and a drizzle of **olive oil**. Season with plenty of **salt** and **pepper**.



6 FINISH & SERVE

Add half the **tomatoes** to pot with **spaghetti**. Season with **salt** and **pepper**; toss to combine. Divide pasta and **chicken** between plates. Top pasta with remaining tomatoes and **Parmesan**. Serve with any remaining **lemon wedges** on the side.

GO GREEN

Have any fresh herbs, say some basil or chives, on hand? Chop up a handful and sprinkle on top!

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