



ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini and Chili Flakes



HELLO

ITALIAN SEASONING

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

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 740



Zucchini



Lemon



Chicken Cutlets



Chili Flakes



Sour Cream
(Contains: Milk)



Garlic



Spaghetti
(Contains: Wheat)



Italian Seasoning



Chicken Stock Concentrate



Parmesan Cheese
(Contains: Milk)

START STRONG

Not a fan of spicy food? Can't get enough heat? Add as much or as little of the chili flakes as you like in step 5. After all, you're the chef!

BUST OUT

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

INGREDIENTS

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

- Zucchini **1** | **2**
- Garlic **2 Cloves** | **4 Cloves**
- Lemon **1** | **2**
- Spaghetti **6 oz** | **12 oz**
- Chicken Cutlets* **10 oz** | **20 oz**
- Italian Seasoning **1 TBSP** | **2 TBSP**
- Chili Flakes **1 tsp** | **2 tsp**
- Chicken Stock Concentrate **1** | **2**
- Sour Cream **2 TBSP** | **4 TBSP**
- Parmesan Cheese **¼ Cup** | **½ Cup**

* 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

Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Trim and quarter **zucchini** lengthwise, then cut into ½-inch pieces. Mince **garlic**. Zest and quarter **lemon** (quarter both lemons for 4 servings).



4 COOK CHICKEN

Pat **chicken** dry with paper towels, then season all over with **salt, pepper,** and **Italian Seasoning.** Heat a large drizzle of **oil** in pan used for zucchini 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.



2 COOK PASTA

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Reserve **¾ cup pasta water** (1 cup for 4 servings), then drain. Return empty pot to stove.



5 MAKE SAUCE

Heat a drizzle of **olive oil** in pot used for pasta over medium-high heat. Add **garlic,** half the **lemon zest,** and a pinch of **chili flakes.** Cook, stirring, until fragrant, about 30 seconds. Stir in **½ cup reserved pasta cooking water** (¾ cup for 4 servings), **stock concentrate,** and juice from **2 lemon wedges** (4 wedges for 4). Simmer until thickened, about 1 minute. Turn off heat.



3 COOK ZUCCHINI

Meanwhile, heat a drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini** and 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.



6 FINISH AND SERVE

Add **spaghetti, zucchini, sour cream,** and **1 TBSP butter** (2 TBSP for 4 servings) to pot with **sauce;** toss to coat. Stir in half the **Parmesan;** season with **salt** and **pepper.** (**TIP:** If pasta seems dry, stir in reserved cooking water, a splash at a time, until creamy.) Divide between bowls. Top with **chicken.** Sprinkle with remaining **Parmesan,** remaining **lemon zest,** and a pinch of **chili flakes,** if desired. Serve with remaining **lemon wedges** on the side.

GO GREEN

Have any fresh herbs like parsley or basil on hand? Chop some up and sprinkle over your finished dish.

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