



Cooking Made Easy

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## Pan-Seared Chicken & Orecchiette Primavera

with Parmesan Cream Sauce & Spring Veggies



*Primavera* is Italian for Spring, so naturally we've loaded up this pasta with plenty of spring veggies! We think orecchiette is the perfect vehicle for a creamy, cheesy sauce like this one. Spiced up with a little chili pepper heat, this pasta is bound to please!



40 min



level 2



nut free



Chicken Breast



Orecchiette



Asparagus



Parmesan Cheese



Onion



Sour Cream



Garlic



Parsley



Chili Flakes



Broccoli



Bell Pepper

Ingredients	2 People	4 People
Chicken Breast	2	4
Orecchiette	1) 6 oz	12 oz
Asparagus	1 bunch	2 bunches
Sour Cream	2) ¼ C	½ C
Broccoli	1 crown	2 crowns
Onion	1	2
Garlic	2 cloves	4 cloves
Parmesan Cheese	2) ¼ C	½ C
Parsley	1 bunch	2 bunches
Bell Pepper	1	2
Chili Flakes	1 t	2 t
Olive Oil*	1 T	2 T

\*Not Included

**Allergens**

- 1) Wheat
- 2) Milk

**Tools**

- Large Pot, Slotted Spoon,
- Large Bowl, Strainer,
- Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 808 cal | Carbs: 90g | Fat: 22g | Protein: 61g | Fiber: 9g



**1** Bring a large pot of **water** to a boil with a large pinch of **salt**. Meanwhile, halve, peel, and dice the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**. Trim and discard the bottom inch of the **asparagus**, then cut into 1-inch pieces. Core, seed, and remove the white veins from the **bell pepper**. Cut into strips, then into ½-inch cubes. Cut the **broccoli** into bite-sized florets.



**2** Fill a large bowl with **ice water**. Add the **broccoli** to the **boiling water** for 4-5 minutes, until bright green and crisp-tender. Remove from water with a slotted spoon and reserve in the ice bath. Add the **asparagus** to the boiling water for 2-3 minutes, until bright green and crisp-tender. Reserve in the ice bath with the broccoli. Keep the water boiling on the stove for the pasta later!



**3** Heat 2 teaspoons **olive oil** in a large pan over medium heat. Season the **chicken** on both sides with **salt** and **pepper**. Add the chicken to the pan and cook 4-5 minutes per side, until juices run clear when pierced. Set aside.

**4** Add the **orecchiette** to the **boiling water** and cook for 9-10 minutes, until al dente. Reserve ½ cup **pasta water**, then drain.



**5** Meanwhile, heat 1 teaspoon **olive oil** in the same pan over medium heat. Add the **onion** and **bell pepper** and cook for 6-8 minutes, tossing, until softened. Add the **garlic** and ¼ teaspoon **chili flakes** (or more if you like!) and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

**6** Slice the **chicken** against the grain, then add it to the pan along with the **pasta**, **broccoli**, **asparagus**, **sour cream**, **half the Parmesan**, **half the parsley**, and a splash of **pasta water**. Toss to combine, then season with **salt** and **pepper** to taste.

**7** Serve sprinkled with **remaining parsley** and **Parmesan** and enjoy!