



GARLIC CHICKEN & CREAMY LEMON SPAGHETTI

with Peas & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



6 oz | 12 oz
Spaghetti
Contains: Wheat



2 | 4
Scallions



1 | 2
Lemon



4 oz | 8 oz
Peas



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



½ oz | 1 oz
Vidalia Onion
Paste



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



HELLO

VIDALIA ONION PASTE

Savory-sweet and packed with umami
flavor, this ingredient adds delicious oniony
depth (fast!).

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 730



HELLO FRESH

TOOTH SOME

To check if your spaghetti is al dente (Italian for “to the tooth”), bite into a piece! It should be tender with a firm center.

BUST OUT

- Large pot
 - Paper towels
 - Zester
 - Large pan
 - Strainer
 - Aluminum foil
-
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)

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1 PREP & COOK PASTA

- Bring a large pot of **salted water** to a boil.
- Meanwhile, **wash and dry produce**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.
- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water**, then drain.



3 TOSS PASTA

- Once spaghetti is drained, heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **scallion whites** and cook, stirring, until softened, 30-60 seconds.
- Stir in **drained spaghetti, peas, cream sauce base, onion paste, remaining garlic powder**, and a **squeeze of lemon juice**. Cook, tossing, until sauce has thickened and everything is evenly coated, 1-2 minutes. (If sauce seems too thick, stir in reserved pasta cooking water a splash at a time.) Taste and season with **salt and pepper**.



2 COOK CHICKEN

- While spaghetti cooks, pat **chicken*** dry with paper towels and season all over with **half the garlic powder (you'll use the rest later), 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.
- Turn off heat; transfer to a cutting board and tent with foil to keep warm. Wipe out pan.



4 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **pasta** between plates. Top with chicken, **scallion greens**, a **squeeze of lemon juice**, and as much **lemon zest** as you like. Serve with any remaining lemon wedges on the side.

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