



CREAMY GARLIC CHICKEN SPAGHETTI

with Nutmeg, Parmesan & Chives

INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ½ oz
Chives



2 Cloves | 4 Cloves
Garlic



6 oz | 12 oz
Spaghetti
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Nutmeg



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Chili Flakes



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HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 930



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 760



HELLO

NUTMEG

A tiny pinch of this warming spice adds unexpected depth of flavor to rich, creamy sauces.

IN FOR A POUND

Pounding out the chicken cutlets in Step 3 ensures quicker, more even cooking (plus it tenderizes them in the process).

BUST OUT

- Large pot
- Plastic wrap
- Strainer
- Mallet
- Paper towels
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Finely chop **chives**.



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.



3 PREP CHICKEN

- While spaghetti cooks, pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **garlic powder, salt, and pepper**.

👉 Pat **salmon*** dry with paper towels (no need to pound!). Season as instructed.



4 COOK CHICKEN

- 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. (For 4 servings, you may need to cook in batches.) Turn off heat; transfer to a cutting board. Wipe out pan; let cool slightly.

👉 Swap in **salmon** for chicken. Cook (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



5 MAKE SAUCE & FINISH PASTA

- Once spaghetti is drained, heat a **drizzle of oil** in pan used for chicken over medium-low heat. Add **minced garlic**; cook, stirring, until fragrant, 30-60 seconds.
- Add **cream sauce base, Parmesan, ¼ cup reserved pasta cooking water, 1 TBSP butter, and ¼ tsp nutmeg** (½ cup reserved pasta cooking water, 2 TBSP butter, and ½ tsp nutmeg for 4 servings). (Be sure to measure nutmeg—we sent more!)
- Bring to a simmer, then reduce heat to low and cook, stirring constantly, until warmed through. **TIP: If sauce is too thick, stir in more reserved pasta cooking water a splash at a time.**
- Add **drained spaghetti** to pan and toss until thoroughly coated. Remove from heat.

👉 Use pan used for salmon here.



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **spaghetti** between shallow bowls. Top with chicken, **chives**, and as many **chili flakes** as you like. Serve.

👉 Serve **salmon** atop spaghetti (no need to slice!).

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

👉 *Salmon is fully cooked when internal temperature reaches 145°.