



TUSCAN TRATTORIA CHICKEN & KALE SPAGHETTI

with Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



1 Clove(s) | 2 Clove(s)
Garlic



1 | 1
Lemon



1 TBSP | 1 TBSP
Tuscan Heat Spice



6 oz | 12 oz
Spaghetti
Contains: Wheat



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Chopped Chicken
Breast



1 | 2
Chicken Stock
Concentrate



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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
Shrimp
Contains: Shellfish

Calories: 740



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 820



HELLO FRESH

HELLO

TUSCAN HEAT SPICE

Our blend of aromatic, Italian-style herbs also packs a peppery punch.

WORTH YOUR SALT

When salting your pasta cooking water, don't be shy—you'll want to add a few big pinches until it tastes almost as salty as the sea! This will help infuse the noodles with enough seasoning (aka flavor) to complement the sauce.

BUST OUT

- Large pot
- Zester
- Kosher Salt
- Black Pepper
- Strainer
- Large pan
- Butter
- Contains: Milk
- Olive Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Remove and discard any large stems from **kale**; roughly chop leaves. Peel and mince or grate **garlic**. Zest and quarter **lemon**.
- Open package of **chicken*** and drain off any excess liquid. Season all over with **salt, pepper,** and **half the Tuscan Heat Spice (all for 4 servings).**

- Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



4 COOK CHICKEN

- Heat a **drizzle of olive oil** in pan used for kale over medium-high heat. Add **chicken** in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
- Cook **shrimp**, stirring occasionally, until opaque and cooked through, 4-6 minutes.



2 COOK PASTA

- 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.



5 MAKE SAUCE

- Transfer **kale** to pan with **chicken** and reduce heat to medium low. Add **cream sauce base** and **stock concentrate.**
- Stir in **¼ cup reserved pasta cooking water.** Bring to a simmer and cook until sauce is combined and thickened, 2-3 minutes.



3 COOK KALE

- While pasta cooks, heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **kale** and a **splash of water.** Cook until kale is wilted and very tender, 5-7 minutes. **TIP: If necessary, cook kale in batches.**
- Stir in **garlic** and cook until fragrant, 30 seconds; add **lemon zest.** Season with **salt** and **pepper.**
- Transfer to a plate.



6 FINISH & SERVE

- Add drained **spaghetti** and **1 TBSP butter (2 TBSP for 4 servings)** to pan with **sauce**; toss to combine. Add a **squeeze of lemon juice.** Season with **salt** and **pepper.** If needed, stir in more **reserved pasta cooking water** a splash at a time until pasta is coated in a creamy sauce.
- Divide **pasta** between bowls and top with **Parmesan.** Serve with **remaining lemon wedges** on the side.

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

• *Shellfish is fully cooked when internal temperature reaches 145°.