



# ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini & Chili Flakes



## HELLO

### ITALIAN SEASONING

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

PREP: 5 MIN

TOTAL: 30 MIN

CALORIES: 790



Zucchini



Lemon



Chicken Breasts



Chili Flakes



Sour Cream  
(Contains: Milk)



Garlic



Spaghetti  
(Contains: Wheat)



Italian Seasoning



Chicken Stock  
Concentrate



Parmesan Cheese  
(Contains: Milk)

## START STRONG

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 spaghetti with enough seasoning (aka flavor) to complement the sauce.

## BUST OUT

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

## INGREDIENTS

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

- Zucchini **1** | **2**
- Garlic **2 Cloves** | **4 Cloves**
- Lemon **1** | **2**
- Spaghetti **6 oz** | **12 oz**
- Chicken Breasts\* **12 oz** | **24 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.



## 1 PREP

Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Mince **garlic**. Zest and quarter **lemon** (for 4 servings, zest 1 lemon and quarter both).



## 4 COOK CHICKEN

While zucchini cooks, pat **chicken** dry with paper towels and season all over with **Italian Seasoning, salt, and pepper**. Once zucchini is done, heat a large drizzle of **oil** in same pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-7 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 **1 cup pasta cooking water**, then drain. Keep empty pot handy for use in step 5.



## 5 MAKE SAUCE

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

Add **spaghetti, zucchini, sour cream**, and **1 TBSP butter** (2 TBSP for 4 servings) to **sauce**; toss to coat. Add half the **Parmesan**; season with **salt** and **pepper**. (**TIP:** If needed, stir in more reserved cooking water a splash at a time until pasta is thoroughly coated in sauce.) Divide between bowls and top with **chicken**. Top with remaining Parmesan and **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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