



# ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 Clove | 2 Cloves  
Garlic



1 | 2  
Lemon



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



12 oz | 24 oz  
Chicken Breasts



1 TBSP | 2 TBSP  
Italian Seasoning



1 tsp | 2 tsp  
Chili Flakes



1 | 2  
Chicken Stock  
Concentrate



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



¼ Cup | ½ Cup  
Parmesan Cheese  
Contains: Milk

## HELLO

### ITALIAN SEASONING

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



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 790





## PASTA-BILITIES

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

## GET SOCIAL

Share your **#HelloFreshPics**  
with us **@HelloFresh**

(646) 846-3663

**HelloFresh.com**



### 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. Peel and 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.

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