

INGREDIENTS

2 PERSON | 4 PERSON



Parsley



Chicken Cutlets





1 tsp | 2 tsp Chili Flakes



Tomato



4 Cloves | 8 Cloves Garlic



1 TBSP | 1 TBSP Italian Seasoning



Cream Sauce Base Contains: Milk



ANY ISSUES WITH YOUR ORDER?

HELLO

AGLIO E OLIO

This pasta dish, meaning "garlic and oil" in Italian, is a Neapolitan classic.

CREAMY AGLIO E OLIO CHICKEN PASTA

with Chili Flakes, Tomato & Chopped Parsley



PREP: 10 MIN COOK: 35 MIN CALORIES: 720



SEA-SONING

When salting your pasta water, don't be shy—add a few big pinches until it tastes almost as salty as the sea!

BUST OUT

- Large pot
- Aluminum foil
- Paper towels
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (1/2 TBSP | 1 TBSP)

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



1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Finely dice **tomato**. Peel and thinly slice **garlic**. Pick **parsley leaves** from stems; roughly chop leaves.



2 COOK CHICKEN

- Pat chicken* dry with paper towels; season all over with half the Italian Seasoning (all for 4 servings), salt (we used ½ tsp; ½ tsp for 4), and pepper.
- Heat a drizzle of oil in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. TIP: If chicken starts to brown too quickly, lower heat to medium and cover pan with lid after flipping chicken.
- Transfer to a cutting board and tent with foil to keep warm. Wipe out pan.



3 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 (1 cup for
4 servings), then drain pasta.



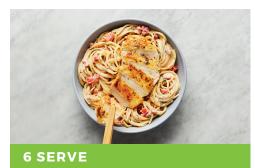
4 MAKE SAUCE

- Heat a large drizzle of olive oil in pan used for chicken over medium low.
 Add tomato, garlic, and chili flakes to taste (we used ½ tsp; add a pinch more if you like things spicy), and cook, stirring occasionally, until softened and fragrant, 2-3 minutes.
- Stir in cream sauce base and ¼ cup reserved pasta cooking water (½ cup for 4 servings). Bring to a simmer, then remove from heat. Taste and season with salt and pepper.



5 FINISH PASTA

 Stir drained spaghetti, parsley, and ½ TBSP butter (1 TBSP for 4 servings) into pan with sauce. Taste and season with salt and pepper if desired. TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.



- Thinly slice chicken crosswise.
- Divide **pasta** between bowls; top with chicken and serve.

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