



## INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ½ oz  
Parsley



1 | 2  
Tomato



4 Cloves | 8 Cloves  
Garlic



10 oz | 20 oz  
Chicken Cutlets



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



1 TBSP | 1 TBSP  
Italian Seasoning



1 tsp | 2 tsp  
Chili Flakes



4 oz | 8 oz  
Cream Sauce  
Base  
Contains: Milk



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## 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

NEW!



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
- Paper towels
- Large pan
- Aluminum foil
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (½ TBSP | 1 TBSP)  
Contains: Milk

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### 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 ¼ 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.**



### 6 SERVE

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

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