

INGREDIENTS

2 PERSON | 4 PERSON



Zucchini



Spaghetti



1 Clove | 2 Cloves





Chicken Cutlets

Chicken Stock Concentrate





Lemon

1 TBSP | 2 TBSP

Italian Seasoning

1½ TBSP | 3 TBSP Sour Cream Contains: Milk



1 tsp | 1 tsp Chili Flakes

3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this blend so delizioso.

ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini & Chili Flakes



PREP: 5 MIN COOK: 30 MIN CALORIES: 740



STAR(CH) OF THE SHOW

Our test kitchen's secret to silky sauce? Pasta cooking water! The starchy liquid helps emulsify the sauce until it's nice and smooth.

BUST OUT

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

 Contains: Milk

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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.
- Trim and quarter zucchini lengthwise; cut crosswise into ½-inch-thick pieces.
 Peel and mince garlic. Zest and quarter lemon.



2 COOK PASTA

- Once water is boiling, add spaghetti to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve 1 cup pasta cooking water, then drain. (Keep empty pot handy for step 5.)



3 COOK ZUCCHINI

- While pasta cooks, 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.



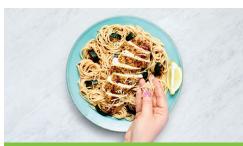
4 COOK CHICKEN

- Meanwhile, 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, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board to rest.
- Once cool enough to handle, slice chicken crosswise.



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, 20-30 seconds.
- Stir in ½ cup reserved pasta cooking water (¾ cup for 4 servings), stock concentrate, and juice from two lemon wedges (four wedges for 4).
 Simmer until thickened, 1-2 minutes.
 Turn off heat.



6 FINISH & SERVE

- Add drained spaghetti, zucchini, sour cream, and 1 TBSP butter (2 TBSP for 4 servings) to pot with sauce; toss to coat.
- Add half the Parmesan and season with salt and pepper. TIP: If needed, stir in more reserved pasta cooking water a splash at a time until spaghetti is coated in a creamy sauce.
- Divide pasta between bowls. Top with chicken, remaining Parmesan, remaining lemon zest, and a pinch of chili flakes if desired. Serve with any remaining lemon wedges on the side

