

PARMESAN-CRUSTED CHICKEN

with Creamy Lemon Tomato Linguine



HELLO

PARMESAN CRUST

A cheesy, crispy, and crunchy breadcrumb coating that makes this chicken crave-worthy

TOTAL: 35 MIN PREP: 5 MIN

27.14 Parmesan Crusted Chicken_NJ.indd 1

CALORIES: 690



Linguine Pasta

Panko Breadcrumbs Fry Seasoning













6/14/18 11:31 AM

Cream Cheese





Garlic

START STRONG

Make pasta night a family affair: kids can help with making the crust, coating the chicken, and putting together the finished dish.

BUST OUT

- Large pot
- 2 Small bowls
- Baking sheet
- Paper towel
- Aluminum foil
- Strainer
- Zester
- Medium bowl
- Olive oil (2 tsp)
- Butter (3 TBSP) (Contains: Milk)

INGREDIENTS

Ingredient 4-person

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• Lemon	1
Panko Breadcrumbs	½ Cup
• Fry Seasoning	1 TBSP
Parmesan Cheese	1 Cup
Chicken Breasts	24 oz
Dijon Mustard	2 tsp
Mayonnaise	2 TBSP
Linguine Pasta	6 oz
Grape Tomatoes	10 oz
• Garlic	2 Cloves

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

Cream Cheese



2 TBSP

HelloFresh.com/Win





PREHEAT AND MIX

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Bring a large pot of salted water to a boil. Line a baking sheet with foil and lightly oil. Zest ½ tsp zest from lemon, then quarter. In a small bowl, stir together panko, half the fry seasoning, and ⅓ of the Parmesan. Season with salt and pepper.



_ ADD TOMATOES

minutes, remove sheet from oven.
Adjust oven rack to top position. Place seasoned tomatoes on empty side of sheet. Return to oven and roast until tomatoes are crisped at edges and chicken is no longer pink in center, 7-8 minutes. TIP: If tomatoes are still quite raw, remove chicken from sheet and roast tomatoes about a minute more.



ROAST CHICKEN

Pat **chicken** dry with a paper towel and place on one side of lined sheet. Season all over with **salt**, **pepper**, and remaining **fry seasoning**. Mix **mustard** and **mayonnaise** in another small bowl, then brush mixture onto tops of chicken. Sprinkle **panko mixture** onto brushed sides, pressing to adhere. Roast in oven 10 minutes.



TOSS PASTA

Place pot used for pasta over medium heat. Add 1 TBSP butter and remaining garlic. Once butter melts and garlic is fragrant, about 1 minute later, lower heat and add 2 TBSP butter, lemon zest, cream cheese, and ¼ cup pasta water. Stir until smooth. Squeeze in 1 TBSP lemon juice, then add linguine and half the remaining Parmesan. Toss to combine. TIP: Add more pasta water if needed to loosen sauce.



COOK PASTA AND PREP

Once water boils, add linguine to pot. Cook until al dente, 10-12 minutes. Scoop out and reserve 1 cup pasta water, then drain. Meanwhile, halve tomatoes lengthwise. Mince or grate garlic. Toss together tomatoes, half the garlic, and a drizzle of olive oil in a medium bowl. Season with plenty of salt and pepper.



PLATE AND SERVE

Toss half the **tomatoes** into pasta in pot. Season with **salt** and **pepper**. Divide **pasta** between plates and arrange **chicken** to the side. Arrange remaining tomatoes on top of pasta and sprinkle with remaining **Parmesan**. Serve any remaining **lemon** on the side for squeezing over.

FRESH TALK-

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