



PARMESAN-CRUSTED CHICKEN

with Creamy Lemon Tomato Spaghetti



HELLO

PARMESAN CRUST

Crispy, cheesy, and oh-so-satisfying, this is one of our favorite ways to adorn a chicken breast.

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 1040



Lemon



Fry Seasoning



Chicken Breasts



Mayonnaise
(Contains: Eggs)



Grape Tomatoes



Cream Cheese
(Contains: Milk)



Panko Breadcrumbs
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Dijon Mustard



Spaghetti
(Contains: Wheat)



Garlic

START STRONG

Whenever we cook pasta, we like to reserve some of the water used for boiling. Not only will it help thin your sauce to just the right consistency, it has starches that create a silky-smooth mouthfeel.

BUST OUT

- Large pot
- 2 Small bowls
- Baking sheet
- Paper towels
- Aluminum foil
- Strainer
- Zester
- Medium bowl
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Lemon 1 | 1
- Panko Breadcrumbs ½ Cup | ½ Cup
- Fry Seasoning 1 TBSP | 1 TBSP
- Parmesan Cheese ½ Cup | 1 Cup
- Chicken Breasts* 12 oz | 24 oz
- Dijon Mustard 2 tsp | 2 tsp
- Mayonnaise 2 TBSP | 2 TBSP
- Spaghetti 6 oz | 6 oz
- Grape Tomatoes 4 oz | 8 oz
- Garlic 2 Cloves | 2 Cloves
- Cream Cheese 2 TBSP | 2 TBSP

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP AND MIX PANKO

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**. **Wash and dry all produce.** Zest and quarter **lemon**. In a small bowl, combine **panko**, half the **Fry Seasoning**, half the **Parmesan**, and a drizzle of **oil**. Season with **salt** and **pepper**.



4 ADD TOMATOES

Once **chicken** has roasted 10 minutes, remove baking sheet from oven. Place seasoned **tomatoes** on empty side of sheet. Return to oven until tomatoes are lightly browned and softened and chicken is cooked through, 7-8 minutes. **TIP:** If tomatoes are still firm, remove chicken from sheet and roast tomatoes about a minute more.



2 ROAST CHICKEN

Pat **chicken** dry with paper towels and place on one side of prepared baking sheet. Season all over with **salt**, **pepper**, and remaining **Fry Seasoning**. In a second small bowl, combine **mustard** and **mayonnaise**, then brush mixture onto tops of chicken. Sprinkle **panko mixture** onto brushed sides, pressing to adhere. Roast for 10 minutes.



5 TOSS PASTA

Melt **1 TBSP butter** in pot used for pasta over medium heat. Add remaining **garlic** and cook until fragrant, about 1 minute. Lower heat, then add another **1 TBSP butter** (2 TBSP for 4 servings), **cream cheese**, a pinch of **lemon zest**, and **¼ cup pasta cooking water**. Stir until smooth. Squeeze in **1 TBSP lemon juice**, then add **spaghetti** and toss to combine. **TIP:** Add more pasta water if needed to loosen sauce.



3 COOK PASTA AND SEASON TOMATOES

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain. Meanwhile, halve **tomatoes**. Mince or grate **garlic**. In a medium bowl, toss **tomatoes** with half the **garlic** and a drizzle of **olive oil**. Season with plenty of **salt** and **pepper**.



6 PLATE AND SERVE

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

BRAVO!

A pasta feast is always worthy of applause.

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