



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: 1050



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

The secret to luxurious, silky pasta without any added cream: pasta cooking water! Always save a scoop before draining. Adding it back in at the end, like we do in step 5, will emulsify the sauce and allow all of the flavors to mingle.

BUST OUT

- Large pot
- Paper towels
- Baking sheet
- Strainer
- Aluminum foil
- Medium bowl
- Zester
- Kosher salt
- 2 Small bowls
- Black pepper
- 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



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 for 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.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com



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 (we'll add more to the sheet then).



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 **pasta** and toss to combine. **TIP:** Add more pasta cooking water as needed until sauce reaches a creamy consistency.



3 COOK PASTA AND SEASON TOMATOES

Once water is boiling, add **pasta** 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 FINISH AND SERVE

Add half the **tomatoes** to pot with **pasta**. Season with **salt** and **pepper**; toss to combine. Divide pasta and **chicken** between plates. Top pasta with remaining **tomatoes** and **Parmesan**. Serve with any remaining **lemon wedges** on the side.

GO GREEN

Have any fresh herbs, say some basil or chives, on hand? Chop up a handful and sprinkle on top!

WK31.NJ-7