



HALL OF FAME

# PARMESAN-CRUSTED CHICKEN

with Creamy Lemon Tomato Spaghetti



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

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

The secret to luxurious, silky sauce without any added cream? Pasta cooking water! The starch that the pasta releases while cooking helps emulsify sauce (aka make it nice and smooth).

## 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](https://www.hellofresh.com/wine)

# HelloFRESH



## 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 ROAST 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.



## 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 spaghetti over medium heat. Add remaining **garlic** and cook until fragrant, 20-30 seconds. Lower heat, then add another **1 TBSP butter** (2 TBSP for 4 servings), **cream cheese**, a pinch of **lemon zest**, and **¼ cup reserved pasta cooking water**. Stir until smooth. Squeeze in **1 TBSP lemon juice**, then add **spaghetti** and toss to combine. **TIP:** Add more reserved pasta cooking water as needed until sauce reaches a creamy consistency.



## 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 FINISH AND SERVE

Add half the **tomatoes** to pot with **spaghetti**. 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!

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