



TUSCAN TRATTORIA CHICKEN & KALE SPAGHETTI

with Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Chicken Breast
Strips



1 TBSP | 1 TBSP
Tuscan Heat
Spice



6 oz | 12 oz
Spaghetti
Contains: Wheat



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



1 | 1
Lemon



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

TUSCAN HEAT SPICE

Our blend of aromatic, Italian-style herbs also packs a peppery punch.

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 820



WORTH YOUR SALT

When salting your pasta cooking water, don't be shy—you'll want to add a few big pinches until it tastes almost as salty as the sea! This will help infuse the noodles with enough seasoning (aka flavor) to complement the sauce.

BUST OUT

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

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Remove and discard any large stems from **kale**; roughly chop leaves. Peel and mince or grate **garlic**. Zest and quarter **lemon**.
- Pat **chicken*** dry with paper towels; season all over with **salt, pepper,** and **half the Tuscan Heat Spice** (all for 4 servings).



4 COOK CHICKEN

- Heat a **drizzle of olive oil** in pan used for kale over medium-high heat. Add **chicken** in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water**, then drain.



5 MAKE SAUCE

- Transfer **kale** to pan with **chicken** and reduce heat to medium low. Stir in **cream sauce base, stock concentrate,** and **¼ cup reserved pasta cooking water** (½ cup for 4 servings). Bring to a simmer and cook until sauce is combined and thickened, 2-3 minutes.



3 COOK KALE

- While pasta cooks, heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **kale** and a **splash of water**. Cook until kale is wilted and very tender, 5-7 minutes. **TIP: If necessary, cook kale in batches.**
- Stir in **garlic** and cook until fragrant, 30 seconds; add **lemon zest**. Season with **salt** and **pepper**.
- Transfer to a plate.



6 FINISH & SERVE

- Add drained **spaghetti** and **1 TBSP butter** (2 TBSP for 4 servings) to pan with **sauce**; toss to combine. Add a **squeeze of lemon juice**. Season with **salt** and **pepper**. If needed, stir in more **reserved pasta cooking water** a splash at a time until pasta is coated in a creamy sauce.
- Divide **pasta** between bowls and top with **Parmesan**. Serve with **remaining lemon wedges** on the side.

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