ITALIAN CHICKEN OVER LEMONY SPAGHETTI
with Zucchini and Chili Flakes

PREP: 5 MIN  TOTAL: 30 MIN  CALORIES: 760

HELLO
ITALIAN SEASONING
Oregano, basil, and parsley make this signature herb blend so delizioso.

Zucchini  Lemon  Chicken Cutlets  Chili Flakes  Sour Cream (Contains: Milk)
Garlic  Spaghetti (Contains: Wheat)  Italian Seasoning  Chicken Stock Concentrate  Parmesan Cheese (Contains: Milk)
**START STRONG**

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 spaghetti with enough seasoning (aka flavor) to complement the sauce.

**BUST OUT**

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

**INGREDIENTS**

* 2-person | 4-person
  - Zucchini 1 | 2
  - Garlic 2 Cloves | 4 Cloves
  - Lemon 1 | 2
  - Spaghetti 6 oz | 12 oz
  - Chicken Cutlets* 10 oz | 20 oz
  - Italian Seasoning 1 TBSP | 2 TBSP
  - Chili Flakes 1 tsp | 2 tsp
  - Chicken Stock Concentrate 1 | 2
  - Sour Cream 2 TBSP | 4 TBSP
  - Parmesan Cheese ¼ Cup | ¼ Cup

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

**PREP**

Bring a large pot of salted water to a boil. Wash and dry all produce. Trim and quarter zucchini lengthwise; cut crosswise into ½-inch-thick pieces. Mince garlic. Zest and quarter lemon (quarter both lemons for 4 servings).

**COOK PASTA**

Once water is boiling, add spaghetti to pot. Cook until al dente, 9-11 minutes. Reserve 1 cup pasta cooking water, then drain. Return empty pot to stove.

**COOK ZUCCHINI**

Meanwhile, heat a drizzle of olive oil in a large, preferably nonstick, pan over medium-high heat. Add zucchini; cook, stirring occasionally, until browned and softened, 4-6 minutes. Season with salt and pepper. Turn off heat; transfer to a plate. Wipe out pan.

**COOK CHICKEN**

Pat chicken dry with paper towels and season all over with salt, pepper, and Italian Seasoning. Heat a large drizzle of oil in pan used for zucchini over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board to rest. Once cool enough to handle, slice chicken crosswise.

**MAKE SAUCE**

Heat a drizzle of olive oil in pot used for spaghetti over medium-high heat. Add garlic, half the lemon zest, and a pinch of chili flakes. Cook, stirring, until fragrant, 20-30 seconds. Stir in ¼ cup reserved pasta cooking water (¼ cup for 4 servings), stock concentrate, and juice from 2 lemon wedges (4 wedges for 4). Simmer until thickened, 1-2 minutes. Turn off heat.

**FINISH AND SERVE**

Add spaghetti, zucchini, sour cream, and 1 TBSP butter (2 TBSP for 4 servings) to sauce; toss to coat. Add half the Parmesan; season with salt and pepper. (TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.) Divide between bowls. Top with chicken. Top with remaining Parmesan and lemon zest, and a pinch of chili flakes if desired. Serve with remaining lemon wedges on the side.

**GO GREEN**

Have any fresh herbs like parsley or basil on hand? Chop some up and sprinkle over your finished dish.

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