



ITALIAN CHICKEN OVER LEMONY SPAGHETTI

with Zucchini and Chili Flakes



HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this signature herb blend so *delizioso*.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 760



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)
(Contains: Milk)
- Kosher salt
- Black pepper
- Paper towels

INGREDIENTS

Ingredient **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 | ½ Cup

* 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

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).



4 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.



2 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.



5 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 **½ cup reserved pasta cooking water** (¾ 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.



3 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.



6 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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