



LEMON PEPPER CHICKEN LINGUINE

with Spinach and Parmesan



HELLO

TRICOLOR PEPPERCORNS

Freshly cracked pepper has incredible aromatics that make all the difference when seasoning.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 730**



Tricolor Peppercorns
(Contains: Tree Nuts)



Garlic



Baby Spinach



Parmesan Cheese
(Contains: Milk)



Lemons



Linguine Pasta
(Contains: Wheat)



Chicken Breasts

START STRONG

Kids can help make pasta night a success: let them fill the pot with salted water, crush the peppercorns, squeeze the lemons, and plate the finished dish.

BUST OUT

- Large pot
- Zip-close bag
- Zester
- Small bowl
- Olive oil (3 tsp)
- Butter (4 TBSP)
(Contains: Milk)
- Strainer
- Paper towel
- Large pan
- Tongs

INGREDIENTS

Ingredient 4-person

- Tricolor Peppercorns 1 TBSP
- Lemons 2
- Garlic 4 Cloves
- Linguine Pasta 12 oz
- Baby Spinach 5 oz
- Chicken Breasts 24 oz
- Parmesan Cheese ½ Cup

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring a large pot of salted water to a boil. Place peppercorns in a zip-close bag; crush using a heavy-bottomed pan or a rolling pin. Zest 2 tsp zest from lemons and then halve; squeeze 3 TBSP juice into a small bowl. Mince garlic.



4 MAKE SAUCE

Heat a drizzle of olive oil in pan used for chicken over medium-high heat. Add garlic, 1½ tsp lemon zest, and 1 tsp crushed peppercorns. Cook, stirring, until fragrant, about 30 seconds. Stir in reserved lemon juice and half the reserved cooking water. Bring to a simmer, then remove from heat.



2 BOIL PASTA AND SPINACH

Once water boils, add linguine to pot. Cook until al dente, 9-11 minutes. During the last minute of cooking, stir in spinach and let wilt. Reserve 1 cup cooking water, then drain linguine and spinach. Set aside.



5 TOSS PASTA

Cut rested chicken into bite-sized pieces crosswise. Using tongs, toss linguine, spinach, and chicken into pan. Add 4 TBSP butter and half the Parmesan, stirring to melt. Season with salt. TIP: Everything should be coated in a loose sauce—if dry, add more cooking water a little bit at a time.



3 COOK CHICKEN

Meanwhile, pat chicken dry with a paper towel; season all over with salt and a pinch of crushed peppercorns. Heat a large drizzle of olive oil in a large pan over medium-high heat. Add chicken and cook until browned on surface and no longer pink in center, 6-8 minutes per side. Transfer to a cutting board and let rest 5 minutes.



6 PLATE AND SERVE

Divide pasta between plates. Garnish with remaining Parmesan, remaining lemon zest, and any remaining crushed peppercorns (if desired—you may want to skip this for the kids).

FRESH TALK

If you could star in a movie, what would it be about?

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