



ONE-PAN CHICKEN ALFREDO

with Parmesan, Fresh Oregano, and Broccoli



HELLO ONE-PAN PASTA

Talk about an easy cleanup: you really do need only one pan to make perfect pasta.

PREP: 10 MIN | **TOTAL: 50 MIN** | **CALORIES: 800**

-  Garlic
-  Chicken Breasts
-  Chicken Stock Concentrate
-  Spaghetti
(Contains: Wheat)
-  Parsley
-  Oregano
-  Broccoli Florets
-  Milk
(Contains: Milk)
-  Parmesan Cheese
(Contains: Milk)

START STRONG

If the pasta cooking liquid evaporates before the noodles are al dente, add a big splash of water to keep things simmering.

BUST OUT

- Large pan
- Olive oil (4 tsp)
- Butter (4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Garlic 4 Cloves
- Oregano ¼ oz
- Parsley ½ oz
- Chicken Breasts 24 oz
- Broccoli Florets 16 oz
- Chicken Stock Concentrates 2
- Milk 1 Cup
- Spaghetti 12 oz
- Parmesan Cheese ½ Cup

HELLO WINE



PAIR WITH
Tornambe IGP Puglia
Sangiovese, 2015

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



1 PREP

Wash and dry all produce. Mince or grate **garlic**. Pick **oregano leaves** from stems; discard stems. Finely chop leaves. Finely chop **parsley**. Thinly slice **chicken** into bite-sized strips and season with **salt and pepper**.



2 COOK BROCCOLI

Heat a large drizzle of **olive oil** in a large pan or pot over medium-high heat. Add **broccoli** and cook, tossing, until bright green and tender, 4-5 minutes. (**TIP:** Add a splash of water if you're having trouble getting broccoli to cook.) Season with **salt and pepper**. Remove from pan and set aside.



3 COOK CHICKEN

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add **chicken** and cook, tossing occasionally, until browned all over, 4-6 minutes. Remove from pan and set aside with broccoli.



4 START SAUCE

Melt **2 TBSP butter** in same pan over low heat. Add **garlic** and cook until fragrant, about 30 seconds. Stir in **stock concentrates**, a large pinch of **salt**, and **5 cups water**, scraping up any brown bits on bottom, then add **milk** and **spaghetti**. Bring to a boil, then reduce to a simmer. Cook, stirring occasionally, until spaghetti is al dente and sauce is creamy, 15-20 minutes.



5 TOSS PASTA

Add **broccoli, chicken, oregano**, half the **parsley**, half the **Parmesan**, and **2 TBSP butter** to pan. Cook, tossing, until everything is warmed through, 1-2 minutes. Season with **salt and pepper**.



6 PLATE AND SERVE

Divide **pasta** between bowls. Garnish with remaining **parsley** and **Parmesan** and serve.

ALL RIGHT!

The combo of creamy pasta, chicken, and vitamin C-rich broccoli is a guaranteed win.

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