



JUL  
2016

## One-Pot Chicken Alfredo

with Parmesan, Fresh Oregano, and Broccoli

Just when we thought our favorite alfredo dish couldn't get any better, this one-pot game-changer came along. Cook the pasta in its sauce for a creamy dream come true - not to mention an infinitely easier clean-up.



Prep: 10 min  
Total: 35 min



level 1



nut free



Spaghetti



Chicken Breast



Broccoli Florets



Chicken Stock  
Concentrates



Garlic



Parmesan Cheese



Oregano



Milk

## Ingredients

Spaghetti	1)	12 oz
Chicken Breast		24 oz
Broccoli Florets		8 oz
Garlic		4 Cloves
Oregano		¼ oz
Chicken Stock Concentrates		2
Parmesan Cheese	2)	2 oz
Milk	2)	8 oz
Butter*	2)	4 T
Oil*		4 t

4 People

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large pan

Ruler

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**Nutrition per person** Calories: 777 cal | Fat: 27 g | Sat. Fat: 13 g | Protein: 61 g | Carbs: 77 g | Sugar: 8 g | Sodium: 524 mg | Fiber: 6 g



1

**1 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Finely chop the **oregano leaves**. Thinly slice the **chicken** into bite-sized strips and season with **salt** and **pepper**.



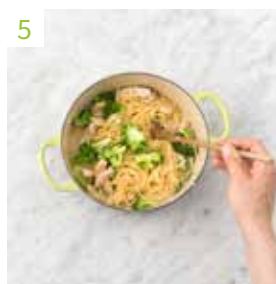
2

**2 Cook the chicken and broccoli:** Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **broccoli** to the pan and cook, tossing, for 4-5 minutes, until softened and bright green. Add a splash of **water**, as necessary, to help. Season with **salt** and **pepper**, then remove from pan and set aside. Heat another large drizzle of **oil** in the same pan over medium-high heat. Add the **chicken** to the pan and cook 2-3 minutes per side, until golden brown. Remove from pan and set aside with the broccoli.



4

**3 Start the sauce:** Heat **2 Tablespoons butter** in the same pan over low heat. Add the **garlic** to the pan and cook for 30 seconds, until fragrant. Add the **stock concentrate**, a large pinch of **salt**, and **3 cups water** to the pan. Scrape up any browned bits from the bottom of the pan.



5

**4 Cook the pasta:** Add **1 cup milk** and the **spaghetti** to the pan. Bring to a boil, then reduce to a simmer for 15-20 minutes, until the **pasta** is al dente and liquid has reduced to a creamy consistency. **TIP:** If the liquid absorbs before the pasta is al dente, add a splash of water.

**5 Toss:** Add the **broccoli, chicken, chopped oregano, half the Parmesan cheese**, and **2 Tablespoons butter** to the pan. Cook, tossing, for 1-2 minutes, until warmed through. Season with **salt** and **pepper**.

**6 Serve:** Divide the **pasta** between bowls and garnish with the remaining **Parmesan cheese**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

