



PARMESAN-CRUSTED CHICKEN

with Creamy Lemon Tomato Spaghetti



HELLO

PARMESAN CRUST

Crispy, cheesy, and oh-so-satisfying, this is one of our favorite ways to adorn chicken breasts.

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 1010



Lemon



Fry Seasoning



Chicken Breasts



Dijon Mustard



Roma Tomatoes



Cream Cheese
(Contains: Milk)



Panko Breadcrumbs
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Sour Cream
(Contains: Milk)



Spaghetti
(Contains: Wheat)



Garlic

START STRONG

Our test kitchen's secret to luxurious, silky sauce? Pasta cooking water! The starch that the pasta releases while cooking helps emulsify the sauce (aka make it nice and smooth).

BUST OUT

- Large pot
- Paper towels
- Baking sheet
- Strainer
- Aluminum foil
- Kosher salt
- Zester
- Black pepper
- 2 Small bowls
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Roma Tomatoes **2 | 4**
- Garlic **1 Clove | 1 Clove**
- Lemon **1 | 1**
- Panko Breadcrumbs **½ Cup | ½ Cup**
- Fry Seasoning **1 TBSP | 1 TBSP**
- Parmesan Cheese **½ Cup | 1 Cup**
- Chicken Breasts* **12 oz | 24 oz**
- Dijon Mustard **2 tsp | 2 tsp**
- Sour Cream **2 TBSP | 2 TBSP**
- Spaghetti **6 oz | 6 oz**
- Cream Cheese **2 TBSP | 2 TBSP**

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



1 PREP & MIX PANKO

Adjust rack to middle position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Line a baking sheet with foil and lightly **oil**. **Wash and dry all produce**. Cut **tomatoes** into ½-inch-thick wedges. Peel and mince or grate **garlic**. Zest and quarter **lemon**. In a small bowl, combine **panko**, half the **Fry Seasoning**, half the **Parmesan**, and **1 TBSP olive oil**. Season with **salt and pepper**.



4 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.



2 PREP TOMATOES & CHICKEN

Toss **tomatoes** on one side of prepared sheet with half the **garlic** and a drizzle of **olive oil**. Season with **salt and pepper**; arrange skin sides down. Pat **chicken** dry with paper towels and season all over with remaining **Fry Seasoning, salt, and pepper**; place on empty side of same sheet. In a second small bowl, combine **mustard** and **sour cream**; evenly spread onto tops of chicken. Mound coated sides with **panko mixture**, pressing to adhere (no need to coat the undersides).



5 TOSS PASTA

Melt **1 TBSP butter** in pot used for pasta over medium heat. Add remaining **garlic**; cook until fragrant, 30 seconds. Lower heat; stir in **cream cheese**, a pinch of **lemon zest**, another **1 TBSP butter** (2 TBSP for 4 servings), and **¼ cup reserved pasta cooking water** until smooth. Squeeze in **1 TBSP lemon juice**; add **spaghetti** and toss to combine. **TIP:** If needed, stir in more pasta cooking water a splash at a time until pasta is coated in a creamy sauce.



3 ROAST TOMATOES & CHICKEN

Roast **tomatoes** and **chicken** on middle rack until tomatoes are lightly browned and softened and chicken is cooked through, 15-20 minutes. **TIP:** If tomatoes are still firm, remove chicken from sheet and continue roasting tomatoes.



6 FINISH & SERVE

Add half the **tomatoes** to pot with **spaghetti**. Season with **salt and pepper**; toss to combine. Divide pasta and **chicken** between plates. Top pasta with remaining tomatoes and **Parmesan**. Serve with any remaining **lemon wedges** on the side.

GO GREEN

Have any fresh herbs, say some basil or chives, on hand? Chop up a handful and sprinkle on top!

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