



STOVETOP BARBECUE CHICKEN

with Mac 'n' Cheese and a Green Salad



HELLO

STOVETOP BARBECUE CHICKEN

No grilling required: get your 'cue fix year-round with our smoky, tangy sauce.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 550



Scallions



Chicken Breasts



Cheddar Cheese
(Contains: Milk)



Barbecue Sauce



Lemon



Cucumber



Gemelli Pasta
(Contains: Wheat)



Cream Cheese
(Contains: Milk)



Spring Mix Lettuce

START STRONG

Calling all young chefs! Kids can help with tasks like tossing the salad, plating the finished dish, and setting the table while this meal is being prepped.

BUST OUT

- Medium pot
- Olive oil (2 tsp)
- Strainer
- Large bowl
- Large pan
- Oil (4 tsp)
- Butter (1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Scallions 2
- Cucumber 1
- Lemon 1
- Gemelli Pasta 6 oz
- Chicken Breasts 24 oz
- Cheddar Cheese 1 Cup
- Cream Cheese 2 oz
- Barbecue Sauce ½ Cup
- Spring Mix Lettuce 4 oz

HELLO WINE



PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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



1 PREP

Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Thinly slice **scallions**, keeping greens and whites separate. Slice **cucumber** into thin rounds. Halve **lemon**.



2 BOIL PASTA

Once water is boiling, add **gemelli** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **½ cup pasta cooking water**, then drain.



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and **pepper**. Add to pan and cook until no longer pink in center, 5-6 minutes per side.



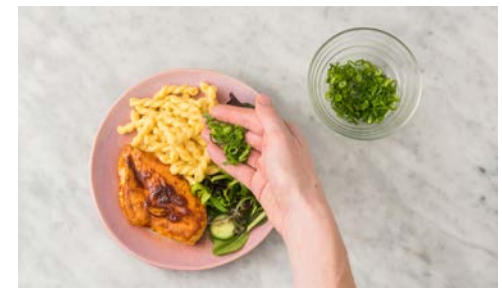
4 STIR MAC 'N' CHEESE

After draining gemelli, heat a large drizzle of **oil** in pot used to cook it over medium heat. Add **scallion whites** and cook, tossing, until softened, about 1 minute. Add **gemelli, cheddar, cream cheese, 1 TBSP butter**, and reserved **pasta cooking water**. Stir until a creamy sauce forms. Season generously with **salt** and **pepper**. Set aside off heat until meal is ready.



5 COAT CHICKEN AND MAKE SALAD

Once **chicken** is cooked through, add **barbecue sauce** to same pan. Turn chicken to coat in sauce. Set aside off heat. In a large bowl, toss together **lettuce, cucumber**, a few squeezes of **lemon**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **chicken, mac 'n' cheese**, and **salad** between plates. (**TIP:** If mac 'n' cheese has become stiff, add a splash of water and reheat briefly over low heat.) Drizzle chicken with any remaining **sauce** in pan. Sprinkle **scallion greens** over everything and serve.

FRESH TALK

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