



HELLO
FRESH

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Roma Tomatoes



1 Clove | 2 Cloves
Garlic



1 TBSP | 2 TBSP
Tuscan Heat
Spice



10 oz | 20 oz
Chicken Cutlets



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

CHICKEN OVER GARLIC PARMESAN SPAGHETTI

with Tuscan Roasted Tomatoes



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a pinch of peppery hot pizazz.

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 910



HELLO FRESH

PASS THE SALT

Salt your pasta cooking water generously—a palmful should do the trick. Remember, this is your only chance to season the spaghetti itself. Doing so will add flavor not only to the pasta but also to the entire dish.

BUST OUT

- Large pot
- Aluminum foil
- Baking sheet
- Strainer
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (**4 tsp | 4 tsp**)
- Cooking oil (**1 tsp | 1 tsp**)
- Butter (**3 TBSP | 4 TBSP**)
Contains: Milk

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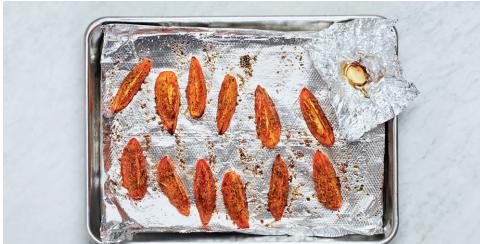
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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil.
Wash and dry produce.
- Cut each **tomato** into six wedges. Peel **garlic**; place in the center of a small piece of foil. Drizzle with **olive oil** and season with **salt** and **pepper**. Cinch into a packet.



2 ROAST TOMATOES & GARLIC

- Place **tomatoes** skin sides down on a **lightly oiled**, foil-lined baking sheet. Drizzle with **olive oil** and season with **1 tsp Tuscan Heat Spice** (**2 tsp for 4 servings**), **salt**, and **pepper**. (You'll use more Tuscan Heat Spice later.) Place **garlic foil packet** on same sheet.
- Roast on middle rack until tomatoes have wilted slightly and garlic is softened, 20-25 minutes.



4 COOK CHICKEN

- While pasta cooks, pat **chicken*** dry with paper towels. Season with **1 tsp Tuscan Heat Spice** (**2 tsp for 4 servings**), **salt**, and **pepper**. (You'll use the rest of the Tuscan Heat Spice in the next step.)
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; cover to keep warm. **TIP:** If your pan doesn't have a lid, loosely cover with aluminum foil.



5 MAKE SAUCE

- Once **garlic** is done roasting, carefully open foil and mash with a fork.
- Melt **1 TBSP butter** in pot used for pasta over medium heat. Add mashed garlic and **remaining Tuscan Heat Spice**.
- Stir in **cream cheese**, **half the Parmesan** (save the rest for serving), **½ cup reserved pasta cooking water** (**1 cup for 4 servings**), and **2 TBSP butter** (**3 TBSP for 4**) until melted and combined.
- Turn off heat; season with **salt** and **pepper**.



3 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes.
- Reserve **¾ cup pasta cooking water** (**1½ cups for 4 servings**), then drain. Keep empty pot handy for step 5.



6 FINISH & SERVE

- Add drained **spaghetti** to pot with **sauce**; toss to thoroughly combine. **(TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.)** Season with **salt** and **pepper**.
- Transfer **chicken** to a cutting board; slice crosswise.
- Divide pasta between bowls. Top with chicken and **roasted tomatoes**. Sprinkle with **remaining Parmesan** and serve.