



Garlicky Chicken

with Fettuccine Alfredo & Roasted Broccoli



30-40min



2 Servings

Fettuccine is a flat pasta that is popular in Rome and Tuscany. The width of the noodle makes this shape ideal for soaking up thick, creamy, or butter-based sauces. Here, the fettuccine is tossed in a cheesy Alfredo sauce, made silky smooth thanks to the addition of mascarpone. The pasta is served with pan-roasted chicken breasts, roasted broccoli, and a drizzle of garlicky-chili oil for a touch of heat.

What we send

- garlic
- ¾ oz piece Parmesan ⁷
- 4 oz mascarpone ⁷
- ¼ oz fresh parsley
- 1 pkt crushed red pepper (use ¼ tsp)
- ½ lb broccoli
- 1 pkg fettuccine ¹
- 12 oz boneless, skinless chicken breasts

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- microplane or grater
- medium skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 990kcal, Fat 54g, Carbs 70g, Proteins 54g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**; thinly slice 1 large garlic clove. Finely grate **Parmesan**, if necessary. In a medium bowl, whisk **mascarpone, chopped garlic, ½ cup water**, and **a pinch each of salt and pepper** (it's ok if sauce is lumpy). Coarsely chop **parsley leaves and stems**.



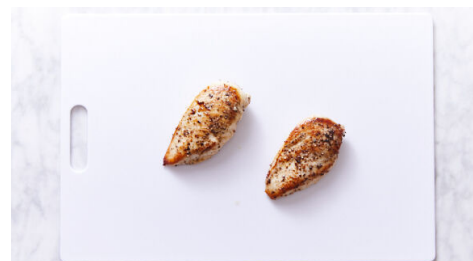
4. Cook fettuccine

Add **fettuccine** to boiling water and cook, stirring to prevent clumping, until al dente, about 8-10 minutes. Drain, then return fettuccine to pot.



2. Make chili oil

In a medium skillet, combine **sliced garlic, ¼ cup oil**, and **¼ teaspoon crushed red pepper**. Cook over medium heat, stirring, until oil is sizzling and garlic is just beginning to brown, about 3 minutes. Carefully transfer to a heatproof bowl. Wipe out skillet and reserve for step 5.



5. Cook chicken

Pat **chicken** dry and season all over with **salt and pepper**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add chicken and cook until golden brown and cooked through, about 3-4 minutes per side. Transfer to a cutting board or plates.



3. Roast broccoli

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss broccoli with **1 tablespoon oil** and season with **salt and pepper**. Roast on upper oven rack until well browned and crisp-tender, about 10-12 minutes (watch closely as ovens vary).



6. Finish & serve

Add **mascarpone mixture** to **fettuccine**; set pot over medium-high heat. Add **half of the Parmesan** in large pinches to prevent clumping, tossing until pasta is well coated, 1-2 minutes. Stir in **parsley**; season with **salt and pepper**. Serve **fettuccine** alongside **chicken and broccoli**. Sprinkle **remaining Parm** and drizzle **chili oil** over top, if desired. Enjoy!