



## 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
- $\frac{3}{4}$  oz Parmesan <sup>7</sup>
- 3 oz mascarpone <sup>7</sup>
- $\frac{1}{4}$  oz fresh parsley
- 1 pkt crushed red pepper
- $\frac{1}{2}$  lb broccoli
- 6 oz fettuccine <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 1120kcal, Fat 71g, Carbs 69g, Protein 55g



### 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**.

In a medium bowl, whisk chopped garlic, **mascarpone**,  **$\frac{1}{2}$  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

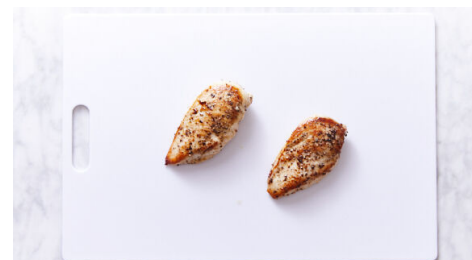
Add **fettuccine** to boiling water and cook, stirring to prevent clumping, until al dente, about 8-10 minutes. Drain, then return fettuccine to pot.



### 2. Make chili oil

In a medium skillet, combine **sliced garlic**,  **$\frac{1}{4}$  cup oil**, and  **$\frac{1}{4}$  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

Cut **broccoli** into 1-inch florets, if necessary. 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!