



Chicken & Spinach Artichoke Spaghetti

with Parmesan & Garlicky Breadcrumbs



ca. 20min



2 Servings

This bright, veggie forward pasta will satisfy your need for greens with delicious simplicity. Tender artichokes and their brine brings a mild sweetness to a zippy sauce with lemon zest and juice. Parmesan and butter add creaminess, while spinach wilts into the silky pasta. Panko and granulated garlic combine to create crunchy, garlicky breadcrumbs, the perfect garnish for delightful texture atop the silky strands of spaghetti.

What we send

- 14 oz can artichokes
- ¼ oz fresh parsley
- 1 lemon
- ¾ oz Parmesan ⁷
- 10 oz pkg chicken breast strips
- 1 oz panko ¹
- ¼ oz granulated garlic
- 6 oz spaghetti ¹
- 3 oz baby spinach
- 1 pkt crushed red pepper

What you need

- kosher salt & ground pepper
- olive oil
- butter, chilled ⁷

Tools

- large pot
- microplane or grater
- medium skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 910kcal, Fat 41g, Carbs 86g, Protein 53g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Drain **artichokes**, reserving **½ cup brine**, then quarter, if necessary; pat dry.

Coarsely chop **parsley leaves and stems**. Zest **half of the lemon**, then cut into 8 wedges. Grate **Parmesan**.

Pat **chicken** dry; season all over with **salt** and **pepper**.



4. CHICKEN VARIATION

Heat **1 tablespoon oil** in same skillet over high. Add **artichokes and chicken**, stirring, until chicken is cooked through, 4-5 minutes. Transfer to a plate; return skillet to medium heat.

Add **pasta, artichoke brine, lemon zest, ½ the parsley, ½ cup cooking water, 1 tablespoon oil**, and **¼ teaspoon granulated garlic**; cook, tossing to coat, until sauce is slightly thickened, 1-2 minutes.



2. Toast breadcrumbs

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **panko** and cook, stirring frequently, until golden brown and crisp, 2-4 minutes. Remove from heat and stir in **½ teaspoon granulated garlic**. Transfer to a plate and season with **salt** and **pepper**; reserve skillet.



5. Finish pasta

Remove skillet from heat; stir in **half of the Parmesan, juice from 1 lemon wedge**, and **1 tablespoon cold butter** until cheese is melted and sauce is opaque. Season to taste with **salt** and **pepper**. Stir in **artichoke hearts, chicken** and **spinach** until spinach is wilted. Add **more cooking water**, one tablespoon at a time, as needed, for desired consistency.



3. Cook pasta

Add **spaghetti** to pot of boiling water and cook until almost al dente, about 7 minutes. Reserve **½ cup pasta water** and drain pasta. Toss spaghetti with **a drizzle of olive oil** to prevent sticking.



6. Finish & serve

Top **pasta** with **garlic breadcrumbs, remaining Parmesan and parsley**, and **crushed red pepper**, if desired. Enjoy!