



Chicken al Limone with Gluten Free Fettuccine

& Sautéed Spinach

Scampi dishes are traditionally made with fish, but a buttery-garlicky sauce tastes great on any protein, especially tender pieces of chicken. Adding freshly squeezed lemon juice cuts the richness of the dish by adding a bright citrus note—a perfect sauce for coating al dente gluten free fettuccine.



20-30min



2 Servings

What we send

- garlic
- 1 lemon
- 10 oz pkg chicken breast strips
- ¼ oz fresh parsley
- ¾ oz Parmesan ⁷
- 5 oz baby spinach
- 1 pkt chicken broth concentrate
- 9 oz gluten free fettuccine ³

What you need

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

Tools

- large pot
- microplane or grater
- medium skillet

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 42g, Carbs 66g, Protein 45g



1. Cook pasta

Fill a large pot with **salted water** and bring to a boil.

Add **pasta** to boiling water and cook according to package instructions, stirring to prevent sticking, until al dente. Reserve **1 cup cooking water**, then drain pasta.



2. Marinate chicken

Finely chop **4 teaspoons garlic**. Finely grate **1 teaspoon lemon zest** into a medium bowl. Squeeze **2 tablespoons lemon juice** into a small bowl. Pat **chicken** dry.

To bowl with lemon zest, add **chicken, 1 tablespoon of the lemon juice, 2 teaspoons of the garlic, 2 tablespoons oil, 1 teaspoon salt**, and **¼ teaspoon pepper**; toss to coat chicken. Set aside to marinate until step 5.



3. Prep parsley & Parmesan

Pick and finely chop **parsley leaves**; discard stems. Finely grate **Parmesan**.



4. Sauté spinach

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **remaining garlic** and cook, stirring, until fragrant, about 30 seconds. Add **spinach** and season with **salt** and **pepper**. Cook until spinach is just wilted, about 2 minutes. Transfer to a plate and cover to keep warm until ready to serve. Wipe out skillet.



5. Cook chicken

In a liquid measuring cup, whisk to combine **broth concentrate, remaining lemon juice**, and **¾ cup of the cooking water**.




In same skillet, heat **2 teaspoons oil** over medium-high. Add **chicken** and cook, turning once, until lightly browned and cooked through, 2-3 minutes. Transfer chicken to a bowl.



6. Finish sauce & serve

Add **broth mixture** and **2 tablespoons butter** to same skillet, stirring to melt. Add **pasta, chicken and any juices**, and **1 tablespoon of the remaining cooking water** at a time, stirring, until sauce reaches desired consistency. Serve **chicken and fettuccine** topped with **parsley** and **half of the Parmesan**, with **sautéed spinach** and **remaining Parmesan** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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