



Creamy Spinach & Artichoke Chicken

with Spaghetti Squash



30-40min



2 Servings

Who doesn't love a hearty pan-sauce? It's the perfect way to make any meal taste restaurant-worthy. Here, we season chicken with sweet paprika, then pan roast it to form a flavorful crust. We add artichoke hearts, onions, chicken broth, spinach, and cream cheese to create a silky sauce. A squeeze of fresh lemon adds a bright pop.

What we send

- garlic
- 1 yellow onion
- 1 lemon
- 14 oz can artichokes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz paprika
- 2 (1 oz) cream cheese ¹
- 1 pkt chicken broth concentrate
- 5 oz baby spinach
- 2 (8 oz) spaghetti squash

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹
- 2 tablespoons milk ¹

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 35g, Carbs 36g, Protein 49g



1. Prep sauce ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Finely chop **½ cup onion**. Zest **lemon** into a small bowl. Separately squeeze **1 teaspoon lemon juice** into a second small bowl. Cut any remaining lemon into wedges. Drain **artichokes**, pat dry, then quarter, if necessary.



4. Finish sauce & chicken

Return **chicken and any resting juices** to skillet with **sauce**. Cook over medium-high heat until chicken is cooked through and sauce is slightly thickened, 3-5 minutes. Transfer chicken to plates and cover to keep warm. Stir **spinach** and **lemon juice** into sauce. Cook until spinach is just wilted, 1-2 minutes. Season to taste with **salt** and **pepper**.



2. Season & sear chicken

Pat **chicken** dry, then pound to ½-inch thickness, if desired. Season all over with **salt, pepper**, and **½ teaspoon paprika**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown on the bottom, 3-4 minutes. Transfer to a plate (chicken will not be cooked through).



5. Cook spaghetti squash

Transfer **spaghetti squash** to a medium microwave-safe dish. Remove outer peel, then gently pull apart with a fork into thin strands. Microwave until heated through, 2-3 minutes.



3. Start sauce

Add **artichokes, onions, 1 tablespoon oil**, and **a pinch each of salt and pepper** to same skillet. Cook over medium-high heat, stirring, until artichokes are lightly browned, and onions are softened, 3-5 minutes. Add **chopped garlic** and cook, stirring, until fragrant, 30 seconds. Stir in **all of the cream cheese, broth concentrate**, and **¾ cup water**; bring to a simmer.



6. Finish squash & serve

To dish with spaghetti squash, add **2 tablespoons each of butter and milk**; microwave until heated through, 1 minute more. Stir vigorously to combine. Season to taste with **salt** and **pepper**. Serve **chicken** with **spaghetti squash** alongside. Spoon **sauce** over **chicken** and garnish with **lemon zest**. Pass **any lemon wedges** at the table for squeezing over top. Enjoy!