

DINNERLY



Lemony Chicken & Gluten Free-Fettuccine

with Parmesan



30-40min



2 Servings

Get your taste buds ready, because tonight we're comin' at you with the family-style dinner of your dreams: freshly grated Parmesan and lemon zest, quick-cooking chicken strips, and gluten free fettuccine. Prepare to unbutton those pants and get comfy on the couch. We've got you covered!

WHAT WE SEND

- 9 oz gluten free fettuccine ³
- ¾ oz Parmesan ⁷
- 1 lemon
- ¼ oz Italian seasoning
- ½ lb pkg chicken breast strips
- 1 pkt turkey broth concentrate
- ¼ oz granulated garlic

WHAT YOU NEED

- kosher salt & ground pepper
- 4 Tbsp butter ⁷
- olive oil
- all-purpose flour (or gluten-free alternative)

TOOLS

- large pot with a lid
- microplane or grater
- medium nonstick 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 950kcal, Fat 57g, Carbs 74g, Protein 40g



1. Cook pasta

Bring a large pot of **salted water** to a boil over high. Add **pasta** and cook, stirring to prevent clumping, until al dente, 2–3 minutes. Reserve ½ **cup pasta water**, then drain pasta and return to pot off heat. Toss with **1 tablespoon butter**; cover to keep warm until step 5.

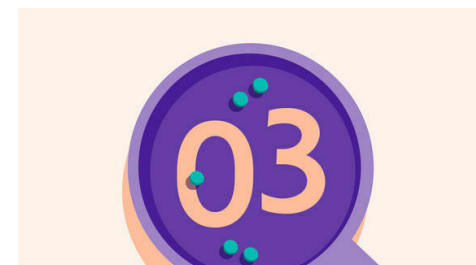


2. Prep ingredients

While **pasta** cooks, finely grate **Parmesan**.

Into a small bowl, finely grate **all of the lemon zest** and squeeze in **all of the juice**; set aside for step 4.

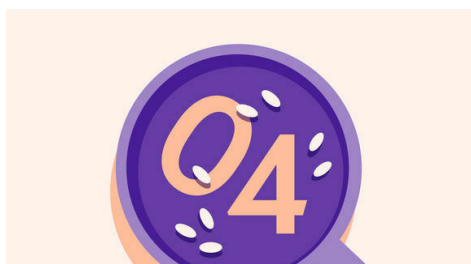
In a medium bowl, stir to combine **3 tablespoons flour**, **1 teaspoon Italian seasoning**, **½ teaspoon salt**, and **a few grinds of pepper**.



3. Cook chicken

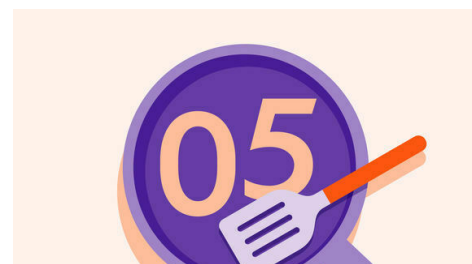
Pat **chicken** dry; cut into 1-inch pieces, if necessary. Add to bowl with **seasoned flour**; toss until evenly coated.

In a medium nonstick skillet, heat **3 tablespoons oil** over medium-high. Add chicken in a single layer; cook until browned and cooked through, 5–7 minutes, flipping halfway through cooking time. Transfer to a plate and set aside until step 5.



4. Make lemon sauce

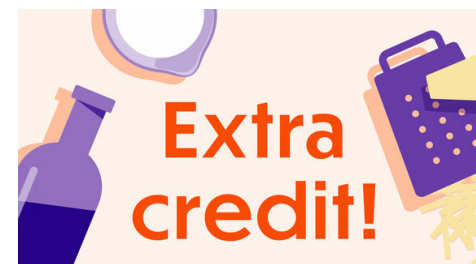
Melt **1 tablespoon butter** in same skillet over medium heat. Add ¼ **teaspoon granulated garlic** and ¼ **teaspoon Italian seasoning**; cook until fragrant, about 1 minute. Add **1 cup water and broth concentrate**; bring to a boil until slightly thickened, 5–7 minutes. Reduce heat to low; whisk in **lemon zest and juice**, **2 tablespoons butter**, and half of **Parmesan** until smooth. Season to taste.



5. Finish & serve

Return pot with **pasta** to low heat. Add **lemon sauce** along with **chicken and any resting juices**, tossing to coat. Slowly stir in **reserved pasta water** until a glossy **sauce** coats pasta (you may not use all the water).

Top **lemony chicken and linguine** with **remaining Parmesan** before serving. Enjoy!



6. Carbo-load!

Is there such a thing as too many carbs? Not in our book. Toast up some crusty bread and serve it alongside to soak up the lemony sauce.