

# MARLEY SPOON



## Deluxe Chicken & Pasta Alfredo

with Spinach & Red Pepper Flakes



under 20min



2 Servings

Designed to be an elevated weeknight dinner, this dish is short on time and big on flavor. Spaghetti cooks until tender, then drains over spinach to allow the delicate greens to wilt. Lean chicken breast strips combine with a decadent Alfredo sauce that we brighten with lemon zest and juice. No pasta is complete without a generous helping of Parmesan, and fresh parsley and red pepper flakes are the perfect final garnishes.



## What we send

- 6 oz spaghetti <sup>2</sup>
- 5 oz baby spinach
- 1 lemon
- $\frac{3}{4}$  oz Parmesan <sup>1</sup>
- 10 oz pkg chicken breast strips
- 10 oz Alfredo sauce <sup>1</sup>
- $\frac{1}{4}$  oz granulated garlic
- $\frac{1}{4}$  oz fresh parsley
- 1 pkt crushed red pepper

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot or saucepan
- microplane or grater
- medium nonstick skillet

## Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 35g, Carbs 78g, Protein 54g



### 1. Cook ingredients

Bring a large pot or saucepan of **salted water** to a boil. Add **pasta** and cook until al dente, 8-10 minutes. Place **spinach** in a colander and drain pasta over the greens so that they wilt. Set aside until step 4.

Meanwhile, finely grate  **$\frac{1}{2}$  teaspoon lemon zest** and squeeze **2 teaspoons juice**; cut remaining into wedges. Finely grate **Parmesan**.



### 4. Serve

Add **pasta and spinach** to **Alfredo sauce** with **chicken** and toss until combined. Cook over medium heat, tossing pasta in sauce, until evenly coated. Thin out sauce with water, 1 tablespoon at a time, if necessary.

Pick **parsley leaves** from stems and coarsely chop leaves, discarding stems.



### 2. Sear chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until browned and cooked through, 5-7 minutes, flipping halfway.



### 5. Serve

Transfer **pasta** to plates and garnish with **red pepper flakes**, **remaining Parmesan**, and **parsley**. Serve with **extra lemon wedges** on the side. Enjoy!



### 3. Start sauce

Add **Alfredo sauce** and bring to a simmer; reduce heat to medium. Stir in **lemon zest and juice** (or more depending on taste preference), **all but 2 tablespoons of the Parmesan**, and  **$\frac{1}{4}$  teaspoon granulated garlic**. Season to taste with **salt** and **pepper**.



### 6. Rate your plate!

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