

DINNERLY



Fast! Chicken Spaghetti Alfredo

with Artichokes, Spinach & Sun-Dried Tomatoes



30min



2 Servings

Level up your dinner menu with this PremiYUM recipe! Your go to Italian joint is gonna be jealous when they find out you've been cooking creamy, dreamy chicken spaghetti Alfredo right at home. And better yet, it comes together in under 30 minutes. All you need to chop up are the artichokes, sun-dried tomatoes, garlic, and Parmesan, then throw it all together with our rich and silky Alfredo sauce. We've got you covered!

WHAT WE SEND

- 6 oz spaghetti ²
- 2 oz sun-dried tomatoes
- 14 oz can artichokes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Tuscan spice blend
- 10 oz Alfredo sauce ¹
- 5 oz baby spinach
- ¾ oz Parmesan ¹

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- large pot
- microplane or grater
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

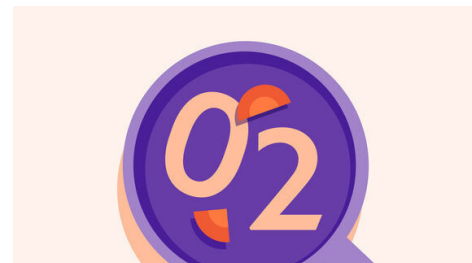
Calories 1000kcal, Fat 39g, Carbs 98g, Protein 66g



1. Boil pasta

Bring a large pot of **salted water** to a boil over high. Add **pasta** and cook until al dente, 8–10 minutes.

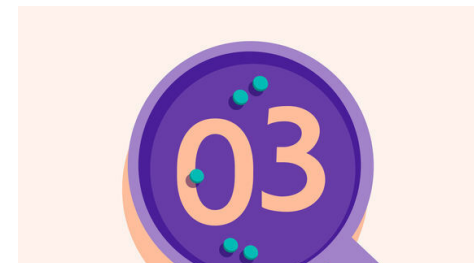
Reserve ¼ **cup cooking water**, then drain. Return pasta to pot off heat and toss with 1 **teaspoon oil**. Cover to keep warm.



2. Prep ingredients

Finely chop 1 **teaspoon garlic**. Finely chop **sun-dried tomatoes**, if necessary. Drain **artichokes**, then roughly chop into ¾-inch pieces, if necessary.

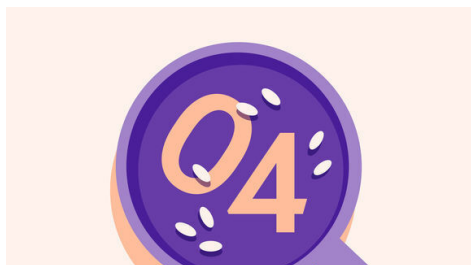
Finely grate **all of the Parmesan**, if necessary.



3. Cook chicken

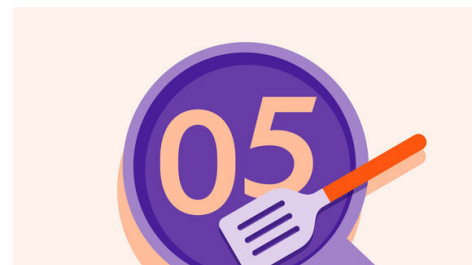
Pat **chicken** dry; season all over with **Tuscan spice blend** and a **generous pinch each of salt and pepper**.

Heat 1 **tablespoon oil** in a large skillet over medium. Add chicken and cook until golden-brown and cooked through, 4–5 minutes per side. Transfer to a cutting board and cover with foil to keep warm. Wipe out skillet.



4. Make sauce

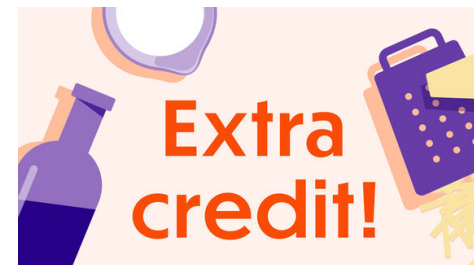
Heat 1 **teaspoon oil** in same skillet over medium. Add **chopped garlic, artichokes, and sun-dried tomatoes**; cook, stirring, until softened and fragrant, 2–3 minutes. Stir in **Alfredo sauce**; bring to a simmer. Cook until sauce is warmed through, 2–3 minutes.



5. Finish & serve

Stir **spinach** into **sauce** until just wilted. Add **pasta, half of the reserved cooking water, and half of the Parmesan**; toss to coat (add more cooking water to thin sauce, as desired). Slice **chicken breasts**, if desired.

Serve **spaghetti Alfredo** with **chicken** and **remaining Parmesan** over top. Enjoy!



6. Why pasta water?

It's always a good idea to save some of the cooking water after you boil pasta and add it to whatever sauce you're making. The starch in the water helps thicken the sauce and helps it stick to the pasta better, so every bite is nice and saucy!