

# Spring Chicken Fettuccine

*with Sautéed Asparagus, Kale & Rosemary*

Tender, crisp asparagus makes for a perfect addition to any number of springtime dishes. Here, we're lightly sautéing fresh asparagus to give it delicate crunch and adding it alongside hearty kale to a chicken fettuccine pasta wrapped in a light, crème fraîche-based sauce. The addition of woodsy rosemary, a classic pairing for our juicy pieces of chicken, gives great depth of flavor to this easy, seasonal dish.



## Ingredients

- 8 Chicken Tenders
- 6 Ounces Fettuccine Pasta
- 1 Bunch Kale
- ½ Bunch Asparagus
- 1 Bunch Rosemary

## Knick Knacks

- 2 Tablespoons Crème Fraîche
- ¼ Cup Grated Parmesan Cheese
- ⅛ Teaspoon Crushed Red Pepper Flakes

**Makes:** 2 servings | **Calories:** about 775 per serving

**Prep Time:** 10 minutes | **Cook Time:** 15–25 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/857](https://blueapron.com/recipes/857)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Snap off and discard the tough, woody ends of the asparagus; cut the asparagus into 1-inch pieces on an angle. Remove and discard the kale stems; finely chop the leaves. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves. Pat the chicken dry with paper towels and chop into bite-sized pieces; transfer to a bowl. Season the chopped chicken with salt and pepper; toss to coat.

2



## Cook the chicken:

In a large, high-sided pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned chicken** and cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and cooked through.

3



## Cook the pasta:

While the chicken cooks, add the **pasta** to the pot of boiling water and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Reserving **¾ cup of the pasta cooking water**, drain thoroughly.

4



## Add the vegetables:

While the pasta cooks, to the pan of chicken, add the **asparagus, kale, rosemary** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until thoroughly combined and the asparagus is bright green.

5



## Finish the pasta:

To the pan of chicken and vegetables, add the **cooked pasta, crème fraîche** and **half the reserved pasta cooking water**; season with salt and pepper. Cook, stirring vigorously to coat the pasta, 2 to 3 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste.

6



## Plate your dish:

Divide the **finished pasta** between 2 dishes. Garnish with the **cheese**. Enjoy!