

Cacio e Pepe Spaghetti

with Chicken & Asparagus

This popular Italian dish turns simple ingredients into something spectacular. Our take on this classic features tender sautéed chicken, asparagus, and green peas. It's gently tossed with spaghetti and a rich sauce made with our garlic Parmesan butter and Italian cheeses. Peppery arugula is the perfect final touch on this elegant dinner.

Ingredients

- Diced chicken breast
- Fresh spaghetti E W
- Garlic Parmesan butter M
- Peas
- Asparagus
- Italian cheese blend M
- Arugula

Allergens

E Eggs M Milk W Wheat

Supplies to Gather

- Nonstick saute pan (12 inches)
- Kitchen knife & cutting board
- Pasta pot (4 quarts)
- Pasta strainer
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

Cacio e pepe, translated from Italian, means "cheese and pepper." The dish is prepared by using the starchy pasta cooking water to emulsify with the Parmesan cheese and fresh-cracked black pepper to create a simple, yet delicious pan sauce.



860

Calories
Per Serving



Hall of
Fame



Not
Spicy

Let's Get Started!

Fill a pasta pot with water, place it onto the stovetop, and bring to a boil. Season the water with a large pinch of salt.



Step 1

- Rinse and pat dry your fresh produce. Trim and discard the woody bottoms from the **asparagus**, then slice into bite-size pieces.
- ** Place the **diced chicken breast** onto paper towels and thoroughly pat dry. Season with salt and pepper.
- Add the **fresh spaghetti** to the pot of boiling water and stir to prevent the pasta from sticking together. Cook for 4-6 min, or until cooked to your desired doneness. Reserve **½ cup of pasta cooking water** before straining.



Step 2

- Meanwhile, place a large nonstick saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** add the **diced chicken**. Cook for 3-4 min, stirring occasionally, to lightly brown.
- Add the **asparagus**. Cook for 2-3 additional min, stirring occasionally.



Step 3

- Add the **peas** and **garlic Parmesan butter** to the pan along with the reserved **½ cup of pasta cooking water**. Gently stir together until the butter has nearly melted.
- Strain the **fresh spaghetti** and transfer it into the saute pan. **Turn off the heat**. Add the **Italian cheese blend** and gently stir until the sauce has coated the spaghetti. Season generously with black pepper as desired.

** Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

Shrimp — 770 cal

Begin with the heat set to **medium-high**. Cook the **shrimp** for 2-3 min, stirring occasionally. Remove from the pan and set aside. Continue the recipe as written, then return the cooked shrimp to the pan in **Step 3** after coating the **fresh spaghetti** in the **Italian cheese blend**.

Scallops — 790 cal

Place a nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **scallops**. Cook for 2 min, without moving, to lightly brown. Use tongs to turn the scallops over and cook for 90 additional sec. Remove from the pan and set aside. Continue the recipe as written, then return the cooked scallops to the pan in **Step 3** after coating the **fresh spaghetti** in the **Italian cheese blend**.

Note: Calories listed are the total calories (per serving) including the alternate protein.



Let's Plate!

Divide the cacio e pepe with chicken and asparagus between serving bowls, using tongs to twist the spaghetti into tight nests. Garnish with the **arugula** as desired.

► Please Note:

Cooking times may vary due to different appliances and temperatures.

Adjust cooking times accordingly.

When adding ingredients to a hot pan **always be careful of any oil splatter.**