



# Zesty Tomato Penne Al Forno

## with Bocconcini and Olives

Veggie

Spicy

30 Minutes



Chicken Breasts  
2 | 4

Pork Sausage (Mild Italian)  
250 g | 500 g

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Bocconcini Cheese  
100 g | 200 g



Crushed Tomatoes with Garlic and Onion  
1 | 2



Baby Spinach  
56 g | 113 g



Penne  
170 g | 340 g



Parmesan Cheese, shredded  
½ cup | 1 cup



Garlic, cloves  
2 | 4



Shallot  
1 | 2



Chili Flakes  
1 tsp | 2 tsp



Balsamic Glaze  
2 tbsp | 4 tbsp



Mixed Olives  
30 g | 60 g



Garlic Salt  
½ tsp | 1 tsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook penne

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Add **10 cups** water and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain **penne**.

2



### Prep

- While water comes to a boil, peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Drain, then rinse **olives**. Pat dry with paper towels, then roughly chop.
- Pat **bocconcini** dry with paper towels. Tear into quarters, then season with ¼ **tsp** (½ tsp) **garlic salt** and **pepper**.

3



### Start sauce

+ Add | Pork Sausage (Mild Italian)

+ Add | Chicken Breasts

- Once **penne** is added to the **boiling water**, heat a large oven-proof pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **shallots** and **garlic**. Cook, stirring constantly, until softened and fragrant, 2-3 min.
- Season with **salt**.

4



### Finish sauce

- Add **crushed tomatoes**, **olives**, ½ **tsp** (1 tsp) **chili flakes** and ¼ **cup** (½ cup) **water** to the pan with **shallots**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 4-5 min.
- Remove from heat.
- Stir in **1 tbsp** (2 tbsp) **balsamic glaze**.
- Season with ¼ **tsp** (½ tsp) **garlic salt** and **pepper**.

5



### Assemble and broil penne

+ Add | Chicken Breasts

- Add **sauce** and **spinach** to the pot with **penne**, then stir to combine.
- Transfer **penne** to the same oven-proof pan. (**NOTE:** If you don't have an oven-proof pan, transfer penne to an 8x8-inch [9x13-inch pan for 4 ppl] baking dish.)
- Arrange **bocconcini** over **penne**. Sprinkle **Parmesan** over top.
- Broil in the **middle** of the oven until **cheese** melts, 4-5 min.

6



### Finish and serve

- Divide **penne al forno** between plates.
- Sprinkle **remaining chili flakes** over top, if desired.
- Drizzle with **remaining balsamic glaze**, if desired.

### 3 | Prep and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, while **pasta** cooks, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\*

### 3 | Cook sausage and start sauce

+ Add | Pork Sausage (Mild Italian)

If you've opted to add **sausage**, heat a large oven-proof pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.\*\* Season with **salt** and **pepper**. Add **shallots** and **garlic**. Cook, stirring constantly, until fragrant, 2-3 min. Follow the rest of the recipe as written.

### 5 | Assemble and broil penne

+ Add | Chicken Breasts

Thinly slice **chicken**, then add to large pot with **sauce** and **spinach**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.