

# HELLO Zesty Tomato Penne Al Forno with Researcini and Olives

with Bocconcini and Olives

Veggie

Spicy

30 Minutes





Customized Protein Add Add





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 🦫



(Mild Italian) 250 g | 500 g



Bocconcini



Cheese

Tomatoes with Garlic and Onion

100 g | 200 g

1 2







**Baby Spinach** 56 g | 113 g

170 g | 340 g







Parmesan Cheese, shredded 1/2 cup | 1 cup

Garlic, cloves

2 | 4





Shallot

Chili Flakes 1tsp | 2tsp

Mixed Olives

30 g | 60 g



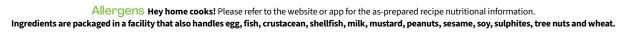
Balsamic Glaze



2 tbsp | 4 tbsp



Garlic Salt ½ tsp | 1 tsp



Cooking utensils | Large oven-proof pan, large pot, measuring cups, measuring spoons, paper towels, strainer



## 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.



#### Prep

- While water comes to a boil, peel, then cut shallot into 1/4-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 guarters, then season with 1/4 tsp (1/2 tsp) garlic salt and pepper.



#### 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.



#### 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 1/4 tsp (1/2 tsp) garlic salt and pepper.



## 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.



## Finish and serve

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

# within steps

Measurements

1 tbsp 2 person 4 person

oil

Ingredient

# 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.