

HELLO Creamy Pasta Primavera with Fresh Peas and Corn

Veggie

30 Minutes



Breasts • 2 4



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 🎥









170 g | 340 g

Sugar Snap Peas 113 g | 227 g





Pepper 2 | 4

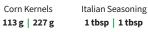
Garlic, cloves







Corn Kernels









2 | 4



Parmesan



56 ml | 113 ml

Cheese, shredded 1/4 cup | 1/2 cup



Vegetable Broth Concentrate

1 | 2

Ingredient quantities

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, strainer



Cook pasta

- · Before starting, preheat the broiler to high.
- 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.
- Wash and dry all produce.
- Add penne and corn to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve 1/4 cup (1/2 cup) pasta water, then drain and return **penne** and **corn** to the same pot, off heat.



Prep veggies

🕕 Add | Chicken Breasts 🗋

- Meanwhile, peel, then cut **shallot** into ½-inch pieces.
- Peel, then mince or grate garlic.
- Trim sugar snap peas, then cut in half.
- Core, then cut **pepper** into 1/4-inch rings.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) butter and 1/2 tbsp (1 tbsp) oil. Swirl the pan to melt butter.
- Add pepper, shallot and peas. Cook, stirring often, until softened, 3-4 min.
- Add garlic. Cook, stirring constantly, until fragrant, 1-2 min.
- Season with salt and pepper.



5 | Finish and serve

Measurements

within steps

1 tbsp

2 person

2 | Cook chicken and prep veggies

If you've opted to add **chicken breasts**, 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.** [Use

the same pan to cook veggies in step 3.]

Add | Chicken Breasts

4 person

oil

Ingredient

🛨 Add | Chicken Breasts

Thinly slice chicken. Divide chicken between bowls.



Make sauce

- Add cream cheese, broth concentrate, cream, reserved pasta water and 1 tsp (2 tsp) Italian Seasoning. Cook, stirring often, until cream cheese is melted and sauce thickens slightly, 2-3 min.
- Season with **salt** and **pepper**.



Finish and serve

🖶 Add | Chicken Breasts 🕽

- Pour veggie sauce over penne and corn in the large pot.
- · Stir to combine.
- Season with salt and pepper, to taste.
- Divide pasta primavera between bowls.
- Sprinkle over Parmesan cheese.

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, as sizes may vary.