








Chicken al Limone and Linguine with Spinach and Peppers

20 Minutes

 Swap	 Double
	
Ground Turkey 250 g 500 g	Chicken Breast* 4 8

 Customized Protein  Add  Swap or  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](https://www.hellofresh.ca) 



	
Chicken Breast* 2 4	Linguine 170 g 340 g
	
Lemon 1 1	Cream 56 ml 113 ml
	
Parmesan Cheese, shredded ¼ cup ½ cup	Baby Spinach 56 g 113 g
	
Sweet Bell Pepper 1 2	Garlic Salt 1 tsp 2 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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, zester

1



Cook chicken

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Swap | **Ground Turkey**

*2 Double | **Chicken Breast**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden, 1-2 min per side.
- Remove from heat. Transfer **chicken** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min.**

4



Cook peppers

- Reheat the same pan (from step 1) over medium-high.
- When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender, 3-5 min.

2



Cook linguine

- Meanwhile, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (1 $\frac{1}{2}$ cups) **pasta water**, then return to the same pot, off heat.

3



Prep

- Core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- If desired, roughly chop **spinach**.
- Zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.

5



Assemble linguine

Swap | **Ground Turkey**

- Reduce heat to medium-low, then add **water**, **cream**, **remaining garlic salt** and **spinach**.
- Stir until **spinach** wilts, 1 min. Remove from heat.
- Add **linguine**, **lemon zest**, **half the Parmesan**, **2 tbsp** (4 tbsp) **butter**, **2 tsp** (4 tsp) **lemon juice** and **half the reserved pasta water** to the **sauce**. Season with **salt** and **pepper**, to taste, then toss to combine. (**TIP**: If you prefer a lighter sauce, add more reserved pasta water, 1-2 tbsp at a time.)

6



Finish and serve

- Thinly slice **chicken**.
- Divide **linguine** between plates.
- Top with **chicken**.
- Sprinkle **remaining Parmesan** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**. Season with **salt** and **pepper**. Cook, breaking up **turkey** and stirring often, until **turkey** is cooked through, 4-6 min.** Transfer to a plate and cover to keep warm.

1 | Cook chicken

*2 Double | **Chicken Breast**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

5 | Assemble linguine

Swap | **Ground Turkey**

Add **cooked turkey** to **sauce** with **linguine**.

* 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 size may vary.