



Creamy Cheese Tortellini and Mushrooms

with Spinach and Pine Nuts

Veggie

25 Minutes

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](https://www.hellofresh.ca)

+ Add



Chicken Breast
Tenders *
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Cheese Tortellini
350 g | 700 g



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



Pine Nuts
28 g | 28 g



Baby Spinach
56 g | 113 g



Mushrooms
113 g | 227 g



Garlic Puree
1 tbsp | 2 tbsp



Vegetable Stock
Powder
1 tbsp | 2 tbsp



Cream Cheese
1 | 2



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Chives
7 g | 7 g

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, salt, pepper

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

1

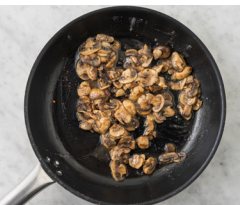


Cook tortellini

• Before starting, 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 **tortellini** to the **boiling water**. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **1 ¼ cups** (2 ½ cups) **pasta water**, then drain **tortellini**.

4



Cook mushrooms

- Reheat the same pan over medium-high.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then swirl until melted.
- Add **mushrooms**. Cook, stirring occasionally, until golden-brown, 4-5 min. Season with **pepper**.
- Add **Cream Sauce Spice Blend** and **garlic** puree.
- Cook, stirring often, until **mushrooms** are coated and **garlic** is fragrant, 30 sec.

2



Prep

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **mushrooms**.
- Thinly slice **chives**.

5



Finish tortellini

- Add **1 cup** (2 cups) **reserved pasta water**, **stock powder** and **cream cheese** to the pan with **mushrooms**. Cook, stirring often, until **sauce** is smooth and comes to a simmer.
- Once simmering, add **tortellini** and **half the Parmesan**. Cook, stirring gently, until **sauce** thickens slightly, 1-2 min. (**TIP:** If sauce reduces too much, add remaining pasta water to loosen.)
- Add **spinach**. Cook, stirring gently, until **spinach** wilts, 1-2 min. Season with **pepper**, to taste.
- Remove the pan from heat.

3



Toast pine nuts

+ Add | **Chicken Breast Tenders**

+ Add | **Shrimp**

- When the pan is hot, add **pine nuts** to the dry pan.
- Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on pine nuts so they don't burn!)
- Transfer **toasted pine nuts** to a plate.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

+ Add | **Shrimp**

- Divide **tortellini** between bowls.
- Sprinkle **pine nuts**, **chives** and **remaining Parmesan** over top.

Measurements
within steps

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

3 | Toast pine nuts and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. After toasting **nuts**, reheat the pan over medium-high. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate. Use the same pan to cook **mushrooms** in step 4.

3 | Toast pine nuts and cook shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. After toasting **nuts**, reheat the pan over medium high. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate. Use the same pan to cook **mushrooms** in step 4.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top **tortellini** with **chicken breast tenders**.

6 | Finish and serve

+ Add | **Shrimp**

Top **tortellini** with **shrimp**.

* 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.