



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

30 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](http://www.hellofresh.ca)

+ Add



Chicken Breasts*
2 | 4

+ Add



Shrimp
285 g | 570 g



Linguine
170 g | 340 g



Garlic, cloves
2 | 4



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



Lemon
1 | 1



Basil Pesto
1/4 cup | 1/2 cup



Chili Pepper
1 | 1



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



Goat Cheese
1/2 cup | 1 cup



Baby Spinach
28 g | 56 g



Cream
56 ml | 113 ml



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, salt, pepper, oil

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

1



Boil water

- Before starting, wash and dry all produce.

• Heat Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Spicy: 1/2 tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

+ Add | Chicken Breasts

- 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.

4



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini** and **peppers**. Season with **garlic salt** and **pepper**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **garlic** and **1/2 tsp** (1 tsp) **chilies**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until fragrant, 1-2 min.

2



Prep

+ Add | Shrimp

- Meanwhile, halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.
- Core, then cut **pepper** into 1/2-inch pieces.
- Zest, then juice **half the lemon** (use same for 4 ppl). Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Thinly slice **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilies!)

5



Make sauce

- Remove the pan with **veggies** from heat, then add **spinach**, **pesto**, **cream**, **goat cheese**, **lemon zest** and **1/2 tbsp** (1 tbsp) **lemon juice**.
- Season with **pepper**, then stir until **spinach** wilts, 1-2 min. Set aside.

3



Cook linguine

+ Add | Shrimp

- Add **linguine** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve **1/4 cup** (1/2 cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

6



Finish and serve

+ Add | Chicken Breasts

+ Add | Shrimp

- Add **veggies** and **sauce**, **reserved pasta water**, **half the Parmesan** and **2 tbsp** (4 tbsp) **butter** to the pot with **linguine**. Season with **salt** and **pepper**, then toss to combine.
- Divide **zucchini** and **lemon linguine** between bowls.
- Sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.
- Sprinkle with **any remaining chilies**, if desired.

Measurements
within steps

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

1 | Boil water and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, while **water** boils, pat **chicken** 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.** Reuse the same pan to cook **veggies** in step 4.

2 | Prep

+ 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**.

3 | Cook linguine and shrimp

+ Add | Shrimp

While the **linguine** cooks, heat a large non-stick pan over medium-high heat. 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. Reuse the same pan to cook **veggies** in step 4.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top **linguine** with **chicken**.

6 | Finish and serve

+ Add | Shrimp

Top **linguine** 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.