



Grilled Tuscan Chicken Penne

with Sun-Dried Tomato Sauce

Family Friendly

Grill

15-25 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](http://www.hellofresh.ca)

↻ Swap	↻ Swap
Chicken Breasts* 2 4	Chicken Thighs* 280 g 560 g



Chicken Breast Tenders* 310 g 620 g	Penne 170 g 340 g
Zucchini 1 2	Baby Tomatoes 113 g 227 g
Shallot 1 2	Parmesan Cheese, shredded ¼ cup ½ cup
Sun-Dried Tomato Pesto ¼ cup ½ cup	

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 | Pepper, salt, oil, unsalted butter

Cooking utensils | Aluminum foil, colander, large pot, measuring cups, measuring spoons, medium bowl, paper towels

1



Cook penne

- Before starting, add 10 cups hot 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.
- Lightly oil the grill.
- While you prep, preheat the grill to medium-high (approx. 500°F).

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{2}$ **cup** (1 cup) **pasta water**, then drain and return to the same pot, off heat.
- Add **pesto** and **1 tbsp** (2 tbsp) **butter**, then toss until **butter** melts. Cover and set aside.

4



Grill chicken

- Add **chicken** to one side of the grill. (**TIP:** Arrange tenders perpendicular to grates to prevent them from falling through!) Close lid and grill, flipping once, until cooked through, 4-5 min per side.**
- Transfer to a clean plate.

2



Prep veggies

- Meanwhile, peel, then finely chop **shallot**.
- Halve **tomatoes**.
- Toss **tomatoes, shallots** and **1 tbsp** (2 tbsp) **oil** in a medium bowl. Season with **salt** and **pepper**.
- Layer two 24x12-inch pieces of foil.
- Transfer to one side of the foil. Dot with **1 tbsp butter**. Fold foil in half over **tomato mixture** and pinch edges to seal pouch. (**NOTE:** For 4 ppl, make 2 pouches, using 2 sheets of foil and 1 tbsp butter per pouch.)
- Cut **zucchini** lengthwise into $\frac{1}{4}$ -inch slices.

5



Grill veggies

- Meanwhile, place foil pouches on the other side of the grill, close lid and grill over medium-high heat until tender, 8-9 min.
- Add **zucchini** to same side of grill as **tomatoes**. Close lid and grill **zucchini**, flipping once, until tender, 3-5 min.
- Transfer **zucchini** and pouch to the same plate.

3



Prep tools and season chicken

Swap | Chicken Breasts

Swap | Chicken Thighs

- Place **zucchini** on a plate. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top, then season with **salt** and **pepper**. Toss to coat.
- On a large platter, gather foil-pouch **tomatoes**, plate with **zucchini**, a clean plate for **cooked chicken** and any grilling tools.
- Pat **chicken** dry with paper towels, then place on another plate. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top, then season with **salt** and **pepper**. Toss to coat.

6



Finish and serve

- Roughly chop **grilled chicken** and **zucchini**.
- Carefully open foil pouches.
- Add **chicken, zucchini, tomato mixture** and **reserved pasta water** to the pot with **penne**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **grilled Tuscan chicken penne** between plates.
- Sprinkle **Parmesan** over top.

Measurements
within steps

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

3 | Prep tools and season chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

3 | Prep tools and season chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

* 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.