



Chicken, Mushroom and Sun-Dried Tomato Pesto Rigatoni with Parmesan Cheese

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 +	Beyond Meat [®]
2 4	2 4



Chicken Thighs +	Rigatoni
280 g 560 g	170 g 340 g
Mushrooms	Yellow Onion, chopped
113 g 227 g	56 g 226 g
Parmesan Cheese, shredded	Sun-Dried Tomato Pesto
¼ cup ½ cup	¼ cup ½ cup
Cream Sauce Spice Blend	Beef Broth Concentrate
1 tbsp 2 tbsp	1 2

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 | Oil, pepper, salt, butter

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

1



Cook rigatoni

- Before starting, 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 **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

4



Cook veggies

- Reheat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then **onions** and **mushrooms**. Season with **salt** and **pepper**. Cook, stirring often, until softened, 5-6 min.
- Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.

2



Prep

Swap | **Chicken Breasts**

Swap | **Beyond Meat®**

- Meanwhile, slice **mushrooms**.
- Heat a large non-stick pan over medium-high heat.
- Pat **chicken** dry with paper towels, then on a clean cutting board, cut into 1-inch pieces. Season with **salt** and **pepper**.

5



Cook sauce

- Add **pesto**, **broth concentrate** and **reserved pasta water** to the pan, then stir to combine.
- Bring to a simmer, then reduce heat to medium. Return **chicken** to the pan.
- Cover and cook until **sauce** thickens slightly and **chicken** is cooked through, 2-4 min.**

3



Cook chicken

Swap | **Beyond Meat®**

- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden-brown, 1-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer **chicken** to a plate. Reserve **fat** in the pan. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step.)

6



Finish and serve

- Add **chicken** and **sauce** to the pot of **rigatoni**. Stir to combine. (**TIP:** For a looser consistency, add water 1-2 tbsp at a time.)
- Divide **pasta**, **chicken** and **any remaining sauce** between bowls.
- Sprinkle **cheese** over top.

Measurements
within steps

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

2 | Prep

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken thighs**.

2 | Prep

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, disregard instructions to prep **chicken**.

3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

Cook **Beyond Meat®** in the same way as the **chicken**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to reserve fat in the pan.

* 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.