



Easy Peasy Chicken Tetrazzini with Linguine

Family Friendly

25 - 35 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://hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Chicken Breast Tenders
310 g | 620 g



Linguine
170 g | 340 g



Cream
56 ml | 113 ml



Baby Spinach
56 g | 113 g



Garlic, cloves
1 | 2



Parmesan Cheese, shredded
¼ cup | ½ cup



Yellow Onion
1 | 1



Italian Seasoning
1 tbsp | 2 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Sour Cream
2 | 4



Tomato
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, pepper, oil, salt

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

1



Prep

- Before starting, preheat the oven to 450°F.
- 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.
- Meanwhile, cut **tomato** into ¼-inch pieces. Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.

4



Start sauce

- Meanwhile, reheat the same pan (from step 2) over medium.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **onions** and **garlic**. Cook, stirring often, until **onions** soften, 3-4 min.
- Add **spinach**, **tomato**, **remaining Italian Seasoning** and **remaining garlic salt**.
- Cook, stirring often, until **spinach** wilts, 1-2 min.

2



Cook chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- Pat **chicken** dry with paper towels. Season with **half the Italian Seasoning**, **half the garlic salt** and **¼ tsp** (½ tsp) **pepper**.
- Heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook until golden-brown, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Transfer to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 5-6 min.**

5



Finish sauce and coat linguine

- Add **cream**, **Cream Sauce Spice Blend**, **sour cream** and **reserved pasta water** to the pan with **veggies**.
- Cook, stirring frequently, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**.
- Add **linguine** to the pan with **sauce**. Cook, stirring often, until coated, 1 min.

3



Cook linguine

- Meanwhile, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain.

6



Finish and serve

Swap | **Tofu**

- Divide **linguine** between plates, then top with **chicken**.
- Sprinkle **Parmesan** over top.

Measurements
within steps

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

2 | Cook 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**.

2 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch strips. Season and cook **tofu** in the same way the recipe instructs you to season and cook the **chicken**, until golden-brown and tender.

6 | Finish and serve

Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

* 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.