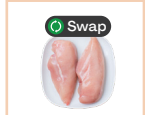




'Marry Me' Chicken Tenders

with Sun-Dried Tomato Cream Sauce and Orzo

25 Minutes



Chicken Breasts +
2 | 4

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)



Chicken Breast Tenders +
310 g | 620 g



Orzo
170 g | 340 g



Yellow Onion
1 | 2



Baby Spinach
28 g | 56 g



Cream
56 ml | 113 ml



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



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



Tomato
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp

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, oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, medium bowl

1



Boil water and prep

- Before starting, wash and dry all produce.

- Add **8 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- If desired, roughly chop **spinach**.
- Cut **tomato** into ½-inch pieces.

2



Cook orzo

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (1 ½ cups) **pasta water**, then drain **orzo** and return to the same pot, off heat.
- Add **spinach** and **1 tbsp** (2 tbsp) **butter**, then toss to coat until **spinach** wilts, 1 min. Cover to keep warm.

3



Season chicken

🔄 Swap | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Cut into 1-inch pieces on a separate cutting board.
- Combine **salt**, **pepper** and **half the Zesty Garlic Blend** in a medium bowl. Add **chicken** and toss to coat.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry, flipping occasionally, until cooked through, 4-5 min.**
- Transfer **chicken** to a plate.

5



Make sauce

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **butter** and **onions** to the same pan (from step 4). Season with **salt** and **pepper**. Cook, stirring often, until tender, 4-5 min.
- Add **tomatoes** and **remaining Zesty Garlic Blend**. Cook until **tomatoes** soften, 3-4 min.
- Add **cream**, **pesto**, **half the Parmesan** and **half the reserved pasta water**. Bring to a simmer.
- Add **chicken** and **any juices** from the plate. (TIP: For a lighter sauce, add more pasta water, 1-2 tbsp at a time.)

6



Finish and serve

- Divide **spinach orzo** between bowls.
- Top with **chicken** and **sauce**.
- Sprinkle **remaining Parmesan** over top.

Measurements
within steps

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

3 | Season chicken

🔄 Swap | **Chicken Breasts**

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