



Creamy Pasta Primavera

with Fresh Peas and Corn

Veggie

30 Minutes

+ Add



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



Penne
170 g | 340 g



Sugar Snap Peas
113 g | 227 g



Mini Sweet Pepper
2 | 4



Garlic, cloves
2 | 4



Corn Kernels
113 g | 227 g



Italian Seasoning
1 tbsp | 1 tbsp



Cream Cheese
2 | 4



Shallot
1 | 2



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



Cream
56 ml | 113 ml



Vegetable Broth Concentrate
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 | Butter, salt, pepper, oil

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

1



Cook pasta

- Before starting, preheat the broiler to high.
 - 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 **penne** and **corn** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **penne** and **corn** to the same pot, off heat.

2



Prep veggies

- + Add | Chicken Breasts**
- Meanwhile, peel, then cut **shallot** into ½-inch pieces.
 - Peel, then mince or grate **garlic**.
 - Trim **sugar snap peas**, then cut in half.
 - Core, then cut **pepper** into ¼-inch rings.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **½ tbsp** (1 tbsp) **oil**. Swirl the pan to melt **butter**.
- Add **pepper, shallot** and **peas**. Cook, stirring often, until softened, 3-4 min.
- Add **garlic**. Cook, stirring constantly, until fragrant, 1-2 min.
- Season with **salt** and **pepper**.

4



Make sauce

- Add **cream cheese, broth concentrate, cream, reserved pasta water** and **1 tsp** (2 tsp) **Italian Seasoning**. Cook, stirring often, until **cream cheese** is melted and **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**.

5



Finish and serve

- + Add | Chicken Breasts**
- Pour **veggie sauce** over **penne** and **corn** in the large pot.
 - Stir to combine.
 - Season with **salt** and **pepper**, to taste.
 - Divide **pasta primavera** between bowls.
 - Sprinkle over **Parmesan cheese**.

Measurements
within steps

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

2 | Cook chicken and prep veggies

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat 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. ** [Use the same pan to cook veggies in step 3.]

5 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Divide **chicken** between bowls.

♦ 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 sizes may vary.