







# Easy-Peasy Chicken Tetrazzini with Linguine

Family Friendly 30 - 40 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)

 	 
Chicken Breasts 2   4	Plant-Based Protein Shreds 200 g   400 g



	
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.

Ingredient quantities	56 g	113 g
	2 person	4 person

**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 | **Protein Shred**

- 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

- 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

- 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 plant-based protein shreds

🔄 Swap | **Protein Shred**

If you've opted to get **plant-based protein shreds**, prepare them the same way the recipe instructs you to prepare the **chicken tenders**. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **plant-based protein shreds**. Cook tossing occasionally until cooked through, 6-8 min.\*\* (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.) Transfer to a plate.

\* 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.