





# Easy Peasy Chicken Tetrazzini with Linguine

Family Friendly

25-35 Minutes

 Swap	 Swap
	
Chicken Breasts <sup>*</sup>	Tofu
2   4	1   2

 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 Breast Tenders <sup>*</sup>	Linguine
310 g   620 g	170 g   340 g
	
Cream	Baby Spinach
56 ml   113 ml	56 g   113 g
	
Garlic, cloves	Parmesan Cheese, shredded
1   2	¼ cup   ¼ cup
	
Yellow Onion	Italian Seasoning
1   1	1 tbsp   2 tbsp
	
Cream Sauce Spice Blend	Sour Cream
1 tbsp   2 tbsp	2   4
	
Tomato	Garlic Salt
1   2	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**.

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.\*\*

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.

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.

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.

6



## Finish and serve

- Divide **linguine** between bowls, 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 pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**. When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Transfer **tofu** to a plate. Disregard instructions to bake the **tofu**.

\* 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.