



SuperQuick Tikka-Tossed Cheese Tortellini

with Veggies and Crispy Shallots

15 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](https://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4



Cheese Tortellini
350 g | 700 g



Tikka Sauce
½ cup | 1 cup



Baby Tomatoes
113 g | 226 g



Baby Spinach
56 g | 113 g



Crispy Shallots
28 g | 56 g



Curry Paste
2 tbsp | 4 tbsp



Yellow Onion, chopped
56 g | 113 g



Garlic Puree
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, salt, pepper, oil

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

1



Cook tortellini

- Before starting, add 10 cups water and 1 tbsp 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 **tortellini** to the **boiling water**. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **pasta water**, then drain.
- Return **tortellini** to the same pot, off heat.
- Add **2 tbsp** (4 tbsp) **butter**. Stir to coat.

4



Finish and serve

+ Add | Chicken Breasts

- Add **sauce**, **spinach** and **reserved pasta water** to the large pot with **tortellini**.
- Season with **salt** and **pepper**, then stir to combine.
- Divide **tortellini** between bowls. Sprinkle **crispy shallots** over top.

2



Cook veggies

+ Add | Chicken Breasts

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tomatoes** and **onions**. Cook, stirring occasionally, until **tomatoes** burst, 3-4 min.

3



Cook sauce

- Add **tikka sauce**, **garlic puree** and **curry paste** to the pan with **tomatoes** and **onions**.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Meanwhile, roughly chop **spinach**.

Measurements
within steps

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

2 | Cook chicken and 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.**

4 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top plates with **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.