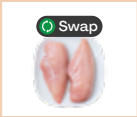




# Easy Peasy Chicken Tetrazzini with Linguine

Family Friendly 25-35 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](http://hellofresh.ca)



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 1/4 cup | 1/4 cup



Yellow Onion 1/2 | 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.

**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**

- 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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prep and cook in the same way the recipe instructs you to prep and cook **chicken breast 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.