



Creamy Rosé Tortellini

with Roasted Red Pepper Pesto

Veggie

25 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 Breast
Tenders +
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Cheese Tortellini
350 g | 700 g



Cream
56 ml | 113 ml



Sweet Bell
Pepper
1 | 2



Mozzarella
Cheese, shredded
¾ cup | 1 ½ cups



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Parsley
7 g | 14 g



Garlic, cloves
2 | 4



Parmesan
Cheese, shredded
¼ cup | ½ cup



Roasted Pepper
Pesto
½ cup | 1 cup

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, salt

Cooking utensils | Large oven-proof pan, large pot, measuring cups, measuring spoons, strainer

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- 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.
- Meanwhile, core then cut **pepper** into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.

2



Start sauce

+ Add | **Chicken Breast Tenders**

- Heat a large oven-proof pan over medium-high heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then the **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.

3



Cook tortellini

- Meanwhile, add **tortellini** to the **boiling water**.
- Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **½ cup** (⅔ cup) **pasta water**, then drain.

4



Finish sauce

+ Add | **Chicken Breast Tenders**

- Sprinkle **Cream Sauce Spice Blend** over **peppers**. Cook, stirring constantly, until **peppers** are coated, 30 sec.
- Add **garlic**, **roasted pepper pesto**, **cream** and **half the parsley**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.
- Season with **salt** and **pepper**.

5



Bake tortellini

+ Add | **Shrimp**

- Add **tortellini** and **reserved pasta water** to the pan with **sauce**.
- Season with **salt** and **pepper**, then gently toss to combine. (**NOTE:** If you do not have an oven-proof pan, transfer mixture to a lightly-oiled, 8x8-inch [9x13-inch] baking dish.)
- Sprinkle **mozzarella** and **Parmesan cheese** over **tortellini**.
- Bake in the **middle** of the oven until **cheese** is golden-brown, 5-6 min.

6



Finish and serve

+ Add | **Shrimp**

- Allow **tortellini** to cool for 2-3 min before serving.
- Divide **tortellini** between plates.
- Sprinkle **remaining parsley** over top.

Measurements
within steps

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

2 | Start sauce

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Cut into 1-inch pieces then season with **salt** and **pepper**. Heat a large oven-proof pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate. Return the pan to medium-high before cooking the **peppers**.

4 | Finish sauce

+ Add | **Chicken Breast Tenders**

Once the **sauce** has thickened, return **chicken** to the pan. Stir to combine, then remove from heat. Follow the rest of the recipe as written.

5 | Bake tortellini and cook shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. While tortellini bakes, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**

6 | Finish and serve

+ Add | **Shrimp**

Top **tortellini** with **shrimp**.

* 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.