



# SuperQuick Creamy Cheese Tortellini

## with Cherry Tomatoes and Spinach

Spicy

15 Minutes

+ Add



Chicken Breasts  
2 | 4

Customized Protein

+ Add

Swap

or

x2 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)



Cheese Tortellini  
350 g | 700 g



Baby Tomatoes  
113 g | 227 g



Baby Spinach  
56 g | 113 g



Yellow Onion, chopped  
56 g | 113 g



Garlic Puree  
1 tbsp | 2 tbsp



Marinara Sauce  
1 cup | 2 cup



Chili Flakes  
1 tsp | 1 tsp



Cream  
56 ml | 113 ml



Parmesan Cheese, shredded  
1/4 cup | 1/2 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.

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

**Pantry items** | Butter, salt, pepper, oil

**Cooking utensils** | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



### Cook tortellini

- Before starting, add 10 cups water and 1 tbsp salt to a large pot (use same for 4 servings). Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **tortellini** to the boiling water. Cook for 2-3 min, stirring occasionally, until tender.
- Reserve **¼ cup** (½ 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**

- To the large pot with **tortellini**, add **sauce**, **cream**, **spinach** and **reserved pasta water**.
- Season with **salt** and **pepper**, then stir to combine.
- Divide **tortellini** between bowls. Sprinkle **Parmesan cheese** over top.

2



### Cook veggies

**+ Add | Chicken Breasts**

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tomatoes** and **onions** and **half the chili flakes** (use all if you like things spicy!). Cook for 3-4 min, stirring occasionally, until **tomatoes** burst.

3



### Cook sauce

- To the pan with the **tomatoes** and **onions**, add **marinara sauce** and **garlic puree**.
- Cook for 2-3 min, stirring often, until **sauce** thickens slightly.
- Meanwhile, roughly chop **spinach**.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving 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 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. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry for 6-7 min on one side, until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.\*\* Remove to plate. Use the same pan to cook **tomatoes** and **onions**.

## 4 | Finish and serve

**+ Add | Chicken Breasts**

Thinly slice **chicken**. Top bowls 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 165°F, as size may vary.