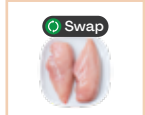




Easy Italian Chicken with Spaghetti and Red Sauce

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



Chicken Breast Tenders
310 g | 620 g



Italian Seasoning
1/2 tsp | 1 tsp



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



Garlic, cloves
2 | 4



Spaghetti
170 g | 340 g



Crushed Tomatoes
200 ml | 400 ml



Baby Spinach
56 g | 113 g



Sun-Dried Tomato Pesto
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.*

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer

1



Cook spaghetti

- Before starting, 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.
 - Wash and dry all produce.
- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain. Return drained **spaghetti** to the pot, off heat.

4



Make sauce

- Reduce heat to medium.
- Add **crushed tomatoes**, **garlic**, **sun-dried tomato pesto** and **reserved pasta water**. Cook, stirring occasionally, until slightly thickened, 2-3 min.
- Season with **salt** and **pepper**.

2



Prep

🔄 Swap | **Chicken Breasts**

- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels. Season **chicken** all over with **½ tsp** (1 tsp) **Italian Seasoning**, **salt** and **pepper**.

5



Assemble pasta

- Pour **sauce** over **pasta** in the pot.
- Add **spinach**. Stir until **spinach** wilts, 1 min.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side. **** (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.)**
- Transfer to a plate.

6



Finish and serve

- Divide **pasta** between bowls.
- Sprinkle over **half the Parmesan**.
- Top with **chicken** and **remaining Parmesan**.

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 | Prep

🔄 Swap | **Chicken Breasts**

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