



Creamy Sun-Dried Tomato Pesto Chicken Pasta

with Fresh Linguine and Capers

Fast and Fresh

20 Minutes

Customized Protein

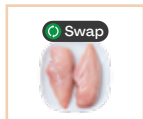
+ Add

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)



Organic Chicken Breasts
2 | 4



Chicken Breasts
2 | 4



Fresh Linguine
227 g | 454 g



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Yellow Onion, chopped
56 g | 113 g



Capers
30 g | 60 g



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



Cream
113 ml | 226 ml



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



White Cooking Wine
4 tbsp | 8 tbsp



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.

Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Butter, oil, pepper

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

1



Sear and roast chicken

- Before starting, preheat the oven to 450°F.
- Bring a large pot of water with 1 tbsp salt to a boil (use same for 4 servings).
- Wash and dry all produce.

[Swap](#) | [Organic Chicken Breasts](#)

- Pat **chicken** dry with paper towels. Season with **pepper** and **half the garlic salt**.
- In a large non-stick pan, heat **1 tbsp** (2 tbsp) **oil** over medium-high.
- When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook 1-2 min per side, until golden.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven for 10-12 min, until cooked through.**
- Transfer to a cutting board for 3-5 min to rest.

4



Make sauce

- Meanwhile, reheat the same pan (from step 1) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil** and **onions**. Cook for 1-2 min, stirring often, until tender.
- Add **cooking wine**. Cook for 2 min, stirring often, until **wine** is absorbed.
- Add **tomatoes, cream, pesto** and **capers**. Season with **pepper** and **remaining garlic salt**. Cook for 1 min, stirring often, until **sauce** thickens.

2



Prep

- Meanwhile, roughly chop **spinach**.
- Carefully pierce **tomatoes** with a fork.
- Using a strainer, drain **capers**, then rinse. Pat **capers** dry with paper towels.

3



Cook linguine

- To the boiling water, add **linguine**. Cook for 2-4 min, stirring occasionally, until tender but still firm to the bite.
- Reserve **½ cup** (1 cup) **pasta water**.
- Strain **linguine**, then return to the pot, off heat.

5



Finish and serve

- To the pot with **linguine**, add **sauce, spinach, 1 tbsp** (2 tbsp) **butter** and **¼ cup** (½ cup) **reserved pasta water**. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time.)
- Thinly slice **chicken**.
- Divide **pasta** between bowls. Top with **tomatoes** and **chicken**.
- Sprinkle **Parmesan** over top.

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.

♦ 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.