



# Easy Peasy Chicken Tetrazzini with Linguine

Family Friendly

25-35 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)

Swap



Chicken Breast Tenders  
310 g | 620 g

Swap



Plant-Based Protein Shreds  
200 g | 400 g



Chicken Breasts  
2 | 4



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 | 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.*

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

**Pantry items** | 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.

- Bring a large pot of **water** with **1 tbsp salt** to a boil (use same for 4 servings).
- Meanwhile, cut **tomato** into ¼-inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 servings) into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.

2



## Cook chicken

🔄 Swap | **Chicken Breast Tenders**

🔄 Swap | **Plant-Based Protein Shreds**

- Pat **chicken** dry with paper towels, then cut into 1-inch strips. 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. When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **chicken**.
- Cook for 1-2 min per side, until golden. (**NOTE:** Don't crowd the pan; cook in 2 batches if needed.)
- Transfer to an unlined baking sheet. Bake in the **middle** of the oven for 5-6 min, until cooked through.\*\*

3



## Cook linguine

- Meanwhile, to the **boiling water**, add **linguine**. Cook for 10-13 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.

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 for 3-4 min, stirring often, until **onions** soften.
- Add **spinach**, **tomato**, **remaining Italian Seasoning** and **remaining garlic salt**.
- Cook for 1-2 min, stirring often, until **spinach** wilts.

5



## Finish sauce

- To the pan with **veggies**, add **cream**, **Cream Sauce Spice Blend**, **sour cream** and **reserved pasta water**.
- Cook for 1-2 min, stirring frequently, until **sauce** thickens slightly. Season with **salt** and **pepper**.
- To the pan with **sauce**, add **linguine**. Cook for 1 min, stirring often, until coated.

6



## Finish and serve

🔄 Swap | **Plant-Based Protein Shreds**

- Divide **linguine** between bowls, then top with **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.

## 2 | Cook chicken

🔄 Swap | **Chicken Breast Tenders**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch wide strips. Season and cook in the same way the recipe instructs you to season and cook **chicken breast tenders**.

## 2 | Cook protein shreds

🔄 Swap | **Plant-Based Protein Shreds**

If you've opted to get **plant-based protein shreds**, season in the same way as the **chicken**. When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.\*\* Remove to a plate and cover to keep warm.

## 6 | Finish and serve

🔄 Swap | **Plant-Based Protein Shreds**

Top **linguine** with **protein shreds**.

\* 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.