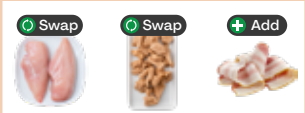




Easy Peasy Chicken Tetrazzini with Linguine

Family Friendly

30-40 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](http://www.hellofresh.ca)

Chicken Breasts
2 | 4

Protein Shreds
200 g | 400 g

Bacon Strips
100 g | 200 g



Chicken Breast Tenders
310 g | 620 g



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
4.3 g | 8.6 g



Cream Sauce Spice Blend
10 g | 20 g



Sour Cream
2 | 4



Tomato
1 | 2



Garlic Salt
4 g | 8 g

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, 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**.

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.

2



Cook chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Protein Shreds**

- Pat **chicken** dry with paper towels. 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 hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook for 1-2 min per side, until golden. (**NOTE:** Don't overcrowd 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.**

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**.
- Add **linguine** to the pan with **sauce**. Cook for 1 min, stirring often, until coated.

3



Cook linguine

+ Add | **Bacon Strips**

- Meanwhile, to the **boiling water**, add **linguine**. Cook for 10-13 min, until tender but still firm to the bite.
- Reserve **½ cup** (1 cup) **pasta water**.
- Strain **linguine**, then return to the pot, off heat.

6



Finish and serve

+ Add | **Bacon Strips**

- 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

For 6 servings

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 Breasts**

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

2 | Cook protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **protein shreds**. Cook for 6-8 min, tossing occasionally, until cooked through.** Season with **half the Italian Seasoning**, **half the garlic salt** and **¼ tsp** (½ tsp) **pepper**. Toss to coat. Transfer **protein shreds** to a plate. Cover to keep warm.

3 | Cook bacon and linguine

+ Add | **Bacon Strips**

If you've opted to add **bacon**, on a parchment-lined baking sheet, arrange **bacon strips** in a single layer. Roast **bacon** in the **bottom** of the oven for 8-12 min, until crispy and cooked through.** Using tongs, transfer **bacon** to a paper towel-lined plate.

6 | Finish and serve

+ Add | **Bacon Strips**

Roughly crumble **bacon** over plated **pasta**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken and protein shreds to a minimum internal temperature of 165°F, and bacon to a minimum internal temperature of 160°F.