



# Basil Pesto Chicken

with Wilted Kale and Cannellini Beans

Carb Smart

25 Minutes



Chicken Breasts



Basil Pesto



Kale, chopped



Baby Tomatoes



Garlic



Cannellini Beans



Lemon



Parmesan Cheese, shredded

## HELLO BASIL PESTO

*This aromatic sauce is great to add to dishes for extra flavour boost!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, zester, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basil Pesto	¼ cup	½ cup
Kale, chopped	113 g	227 g
Baby Tomatoes	113 g	227 g
Garlic	3 g	6 g
Cannellini Beans	398 ml	796 ml
Lemon	1	1
Parmesan Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Marinate cannellini beans

Drain and rinse **cannellini beans** in a strainer, pat dry with **paper towels**. Add **cannellini beans** and **half the pesto** to a medium bowl. Season with **salt**, then stir to coat.



## Prep

While **chicken** and **tomatoes** cook, zest, then cut **lemon** into wedges. Peel, then mince or grate **garlic**.



## Sear chicken

Heat a large non-stick pan over medium-high heat. While pan heats, pat **chicken** dry paper towels, then season with **salt** and **pepper**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden-brown, 2-3 min per side. Transfer **chicken** to one side of a parchment-lined baking sheet. Spread **remaining pesto** on top of **chicken**. Carefully wipe pan clean.



## Wilt kale

Return the same pan (from step 2) over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic** and **kale**. Season with **salt** and **pepper**. Cook, until **kale** is tender, 2-3 min. (**TIP**: For 4 ppl, add kale to the pan in batches as the kale wilts.) Remove from heat. Add **lemon zest**, then squeeze over a **lemon wedge** (2 lemon wedges for 4 ppl). Stir to combine.



## Bake chicken and tomatoes

Add **tomatoes** to the other side of the same baking sheet. Drizzle with **½ tbsp oil** (dbl for 4 ppl), then season with **salt** and **pepper**. Toss to coat. Bake in the **middle** of the oven, until **tomatoes** are blistered and **chicken** is cooked through, 10-12 min.\*\*



## Finish and serve

Cut **chicken** into ½-inch slices. Divide **kale** between plates. Scatter **tomatoes** and **cannellini beans** over **kale**, then place **chicken** on top. Sprinkle with **Parmesan** and squeeze over a **lemon wedge**, if desired.

## Dinner Solved!