



Cal Smart Creamy Sun-Dried Tomato Chicken with Garlic Veggie Jumble

Calorie Smart

Optional Spice

30 Minutes



Chicken Breasts



Chili Flakes



Cream



Sweet Bell Pepper



Zucchini



Baby Spinach



Garlic Salt



Garlic, cloves



Sun-Dried Tomato Pesto

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

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

Bust out

Baking sheet, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chili Flakes 🌶️	1 tsp	2 tsp
Cream	56 ml	113 ml
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Baby Spinach	56 g	113 g
Garlic Salt	½ tsp	1 tsp
Garlic, cloves	2	4
Sun-Dried Tomato Pesto	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 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



1 Prep

Core, then cut **pepper** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Add **zucchini**, **peppers** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-line baking sheet. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**, then toss to combine.



2 Start chicken

Pat **chicken** dry with paper towels. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 2-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!)



3 Bake chicken and veggies

Transfer **chicken** to the baking sheet with **veggies**. Bake in the **middle** of the oven until **chicken** is cooked through and **veggies** are tender, 12-14 min.**



4 Prep and make sauce

While **chicken** and **veggies** bake, roughly chop **spinach**. Peel, then mince or grate **garlic**. Heat the same pan (from step 2) over medium. When hot, add **garlic**. Cook, stirring constantly, until fragrant, 30 sec. Add **sun-dried tomato pesto**, **spinach** and **¼ cup water** (dbl for 4 ppl). Simmer, stirring occasionally, until **sauce** thickens slightly and **spinach** wilts, 2-3 min. Add **cream**. Stir until combined, 1 min. Season with **salt** and **pepper**.



5 Finish and serve

Divide **veggies** between plates. Slice **chicken**, then arrange on top of **roasted veggies**. Spoon **sun-dried cream sauce** over **chicken**. Sprinkle **chili flakes** over top, if desired.

Dinner Solved!