



Carb Smart Basil Pesto Chicken

with Spinach Salad and Marinated Cannellini Beans

Carb Smart

25 Minutes



Chicken Breasts



Basil Pesto



Baby Spinach



Baby Tomatoes



Garlic



Cannellini Beans



Lemon



Parmesan Cheese,
shredded

HELLO BASIL PESTO

This aromatic sauce adds an extra flavour boost to dishes!

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, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basil Pesto	¼ cup	½ cup
Baby Spinach	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.

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Marinate cannellini beans

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



Make vinaigrette

Whisk together **garlic**, **lemon juice**, **lemon zest** and **1 ½ tbsp oil** (dbl for 4 ppl) in a large bowl. (**TIP:** Add ¼ tsp sugar for a more balanced vinaigrette.)



Cook chicken

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Dress salad

Add **spinach** and **tomatoes** to the bowl with **vinaigrette**. Toss to combine.



Prep

Zest **lemon**. Juice **half** (juice all for 4 ppl), then cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Halve **tomatoes**.



Finish and serve

Divide **salad** between plates. Spoon **cannellini beans** over **salad**, then place **chicken** on top. Spread **remaining pesto** over **chicken**. Sprinkle with **Parmesan** and squeeze over a **lemon wedge**, if desired.

Dinner Solved!