

Carb Smart Basil Pesto Chicken

with Spinach Salad and Marinated Cannellini Beans

Carb Smart

25 Minutes





Chicken Breasts





Baby Spinach











Baby Tomatoes

Cannellini Beans



Lemon



shredded

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	⅓ 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.



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.



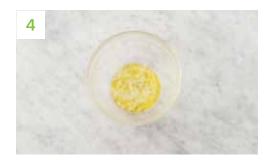
Cook chicken

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.**



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**.



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.)



Dress salad

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



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!

Contact

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