

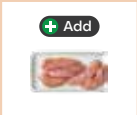


# Cheese Tortellini and Sun-Dried Tomato Pesto Sauce

## with Blistered Tomatoes and Spinach

Veggie

25 Minutes











Chicken Breast  
Tenders\*  
310 g | 620 g

Customized Protein **+** Add **↻** Swap or **×2** 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)



-  Cheese Tortellini  
350 g | 700 g
-  Sun-Dried Tomato Pesto  
¼ cup | ½ cup
-  Shallot  
1 | 2
-  Baby Spinach  
56 g | 113 g
-  Parmesan Cheese, shredded  
¼ cup | ½ cup
-  Baby Tomatoes  
113 g | 227 g
-  Cream Cheese  
1 | 2
-  Garlic, cloves  
2 | 4

**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.

**Pantry items** | Salt, unsalted butter, pepper

**Cooking utensils** | Measuring spoons, strainer, measuring cups, large pot, large non-stick pan

1



## Prep

- Before starting, wash and dry all produce.

- Add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, peel, then thinly slice **shallot**.
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.

2



## Cook tortellini

+ Add | **Chicken Breast Tenders**

- Add **tortellini** to the **boiling water**. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **¾ cup** (1 ½ cups) **pasta water**.
- Drain and return **tortellini** to the same pot, off heat.

3



## Cook veggies

- Meanwhile, prick **tomatoes** with a fork.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **tomatoes**. Cook, stirring occasionally, until blistered, 4-5 min.
- Reduce heat to medium.
- Add **shallots** and **garlic**. Cook, stirring constantly, until softened, 2-3 min. Season with **salt** and **pepper**.

4



## Make sauce

- Add **cream cheese** to the pan with **veggies**. Cook, stirring often, until melted, 1-2 min.
- Add **pesto**, **reserved pasta water**, **spinach** and **half the Parmesan**. Cook, stirring often, until **sauce** thickens slightly and **spinach** wilts, 2-3 min.
- Remove from heat.
- Season with **salt** and **pepper**.

5



## Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **sauce** to the pot with **tortellini**. Stir until combined, 1-2 min.
- Season with **salt** and **pepper**, to taste.
- Divide **tortellini** between bowls.
- Sprinkle **remaining Parmesan** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate and cover to keep warm.

## 5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top final bowls with **chicken**.

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

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



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