



Creamy Pesto Chicken

with Orzo and Spinach

Spicy

30 Minutes



Chicken Breasts



Lemon-Pepper Seasoning



Orzo



Baby Spinach



Basil Pesto



Parmesan Cheese, shredded



Garlic, cloves



Green Peas

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

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
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Orzo	170 g	340 g
Baby Spinach	56 g	113 g
Basil Pesto	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	¼ cup
Garlic, cloves	1	2
Green Peas	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
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.

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Prep

Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Season with **salt** and **half the Lemon-Pepper Seasoning**.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.** Carefully wipe the pan clean.



Start orzo

Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. When **butter** is melted, add **garlic**. Cook, stirring constantly, until fragrant, 30 sec. Stir in **orzo**, **remaining Lemon-Pepper Seasoning**, ¼ **tsp salt** and **2 cups water** (dbl both for 4 ppl). Cover and bring to a boil over high.



Cook orzo and peas

Once boiling, reduce heat to medium. Cook covered, stirring occasionally, until **orzo** is tender, 8-10 min. Add **peas** to the pan halfway through cooking.



Finish orzo

When **orzo** is tender, add **three-quarters of the Parmesan** and **1 tbsp butter** (dbl for 4 ppl) to the pan. Cook, stirring often, until **Parmesan** and **butter** melt, 1 min. (**TIP**: Add 2-3 **tbsp water** for a looser consistency, if desired.) Add **spinach**. Cook, stirring often, until wilted, 2-3 min. Remove the pan from heat. Stir in **pesto**, then season with **salt** and **pepper**, to taste.



Finish and serve

Thinly slice **chicken**. Divide **orzo and peas** between plates. Top with **chicken**, then sprinkle with **remaining Parmesan**.

Dinner Solved!