



Easy Peasy Chicken Tetrazzini with Linguine

30 Minutes



Chicken Breasts



Linguine



Cream



Baby Spinach



Garlic, cloves



Parmesan Cheese,
shredded



Roma Tomato



Yellow Onion



Sour Cream



Italian Seasoning

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Linguine	170 g	340 g
Cream	56 ml	113 ml
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Parmesan Cheese, shredded	¼ cup	¼ cup
Roma Tomato	160 g	340 g
Yellow Onion	113 g	226 g
Sour Cream	6 tbsp	12 tbsp
Italian Seasoning	1 tbsp	2 tbsp
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

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While water comes to a boil, cut **tomatoes** into ¼-inch pieces. Peel, then cut **onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Roughly chop **spinach**.



Start sauce

While **linguine** cooks, heat the same pan (from step 2) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **onions** and **garlic**. Cook, stirring often, until **onions** soften, 3-4 min. Add **spinach**, **tomatoes** and **remaining Italian Seasoning**. Cook, stirring often, until **spinach** wilts, 1-2 min.



Cook chicken

Pat **chicken** dry with paper towels. Season with **half the Italian Seasoning**, **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. **(NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed!)** Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



Finish sauce and coat linguine

Add **cream**, **sour cream** and **reserved pasta water** to the pan with **veggies**. Cook, stirring frequently, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**. Add **linguine** to the pan with **sauce**. Cook, stirring often, until **linguine** is coated, 1 min.



Cook linguine

While **chicken** bakes, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **linguine** to the same pot, off heat.



Finish and serve

Thinly slice **chicken**. Divide **linguine** between plates, then top with **chicken**. Sprinkle **Parmesan** over top.

Dinner Solved!