

Herby Italian Chicken with Pesto Pasta Salad and Green Beans

35 Minutes





Chicken Breasts





Basil Pesto







Parmesan Cheese

Italian Seasoning



Sweet Bell Pepper

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, large bowl, parchment paper, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

ii igi calci ico		
	2 Person	4 Person
Chicken Breasts	2	4
Rigatoni	170 g	340 g
Basil Pesto	⅓ cup	½ cup
Parmesan Cheese	28 g	56 g
Italian Seasoning	1 tbsp	1 tbsp
Green Beans	170 g	340 g
Sweet Bell Pepper	160 g	160 g
Oil*		
California Danis and		

Salt and Pepper*

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.



Prep

Add **10 cups water** and **2 tsp salt** to a large pot. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat. While **water** comes to a boil, core, then cut **peppers** into ½-inch pieces. Trim the **green beans**, then cut into 1-inch pieces. Pat **chicken** dry with paper towels, then sprinkle with **1 tsp Italian seasoning** (dbl for 4 ppl). Season with **salt** and **pepper**.



Cook rigatoni

Add the **rigatoni** to the large pot of **boiling** water. Cook, stirring often, until tender, 13-14 min. When **rigatoni** is done, drain. Transfer to a medium bowl and toss with **1 tbsp oil** (dbl for 4 ppl). Set aside in the fridge.



Prep peppers

Toss the **peppers**, **green beans** and **remaining Italian seasoning** with ½ **tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Set aside.



Cook chicken and peppers

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, 3-4 min per side. Transfer to the baking sheet with the veggies. Bake in the middle of the oven, until veggies are tender-crisp and chicken is cooked through, 10-12 min.**



Assemble salad

While **veggies** and **chicken** cooks, whisk together **pesto** and **1 tbsp water** (dbl for 4 ppl) in a large bowl. When the **chicken** and **veggies** are done add the **rigatoni**, **roasted veggies** and **Parmesan** to the large bowl with the **pesto**. Season with **salt** and **pepper**. Toss to combine.



Finish and serve

Thinly slice **chicken**. Divide **pesto pasta salad** between plates and top with **chicken**.

Dinner Solved!

Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F