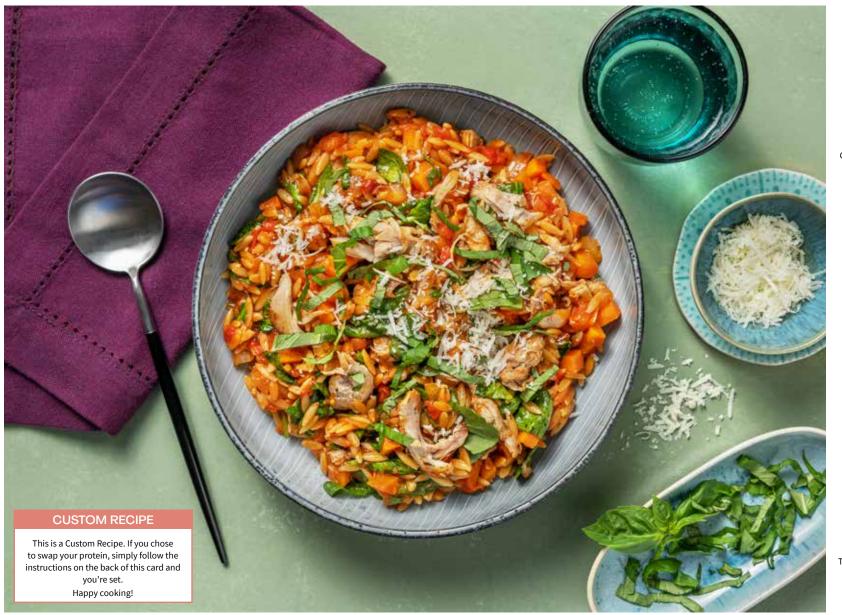


Italian Chicken Stew

with Orzo and Fresh Basil

Family Friendly

35 Minutes





Chicken Thighs





Crushed Tomatoes





Garlic, cloves

Orzo

Baby Spinach







Carrot



Chicken Broth Concentrate



Parmesan Cheese, shredded



Italian Seasoning



Yellow Onion



Tomato Sauce Base

Start here

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

Bust out

Baking sheet, measuring spoons, measuring cups, large pot, paper towels

Ingredients

ingi calcine		
	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts •	2	4
Crushed Tomatoes	200 ml	398 ml
Garlic, cloves	2	4
Basil	7 g	14 g
Orzo	170 g	340 g
Carrot	170 g	340 g
Baby Spinach	56 g	113 g
Chicken Broth Concentrate	1	2
Parmesan Cheese, shredded	⅓ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Yellow Onion	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.
- 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.

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca





Roast chicken

- Pat **chicken** dry with paper towels.
- Arrange **chicken** on an unlined baking sheet. Drizzle ½ **tbsp oil** (dbl for 4 ppl) over top. Season with **salt**, **pepper** and **half the Italian Seasoning**, then toss to coat.
- Roast in the **middle** of the oven until cooked through, 14-16 min.**

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Prep

- Meanwhile, peel, then cut carrot into 1/4-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate garlic.
- Roughly chop **spinach**.



Start stew

- Heat a large pot over medium-high heat.
- When hot, add **2 tbsp oil** (dbl for 4 ppl), then **carrots** and **onions**. Cook, stirring often, until **veggies** soften, 3-4 min. Season with **salt** and **pepper**.
- Add garlic, tomato sauce and remaining Italian Seasoning. Cook, stirring often, until veggies are coated, 1 min.



Cook orzo

- Add orzo, crushed tomatoes, broth concentrate, ½ tsp sugar and 1 ½ cups water (3 ½ cups for 4 ppl) to the pot with veggies.
- Bring to a boil over high.
- Once boiling, reduce heat to medium. Cover and cook, stirring often, until orzo is tender,
 8-9 min. (TIP: Stirring the orzo often prevents it from sticking to the bottom of the pot.)



Finish stew

- Using 2 forks, shred chicken into bite-sized pieces.
- Remove the pot from heat, then add chicken, spinach and half the Parmesan.
 Stir until spinach wilts and cheese is melted, 1 min.
- Season with salt and pepper, to taste.



Finish and serve

- Thinly slice basil.
- Divide stew between bowls.
- Sprinkle basil and remaining Parmesan over top.

Dinner Solved!