



Italian Chicken Stew

with Orzo and Fresh Basil

Family Friendly

35 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Thighs



Chicken Breasts



Crushed Tomatoes



Garlic, cloves



Basil



Orzo



Carrot



Baby Spinach



Chicken Broth Concentrate



Parmesan Cheese, shredded



Italian Seasoning



Yellow Onion



Tomato Sauce Base

HELLO ORZO

It looks like rice but it's actually pasta!

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

	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	¼ 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

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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**.



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.)



Prep

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



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.



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.



Finish and serve

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

Dinner Solved!