



Lemony Chicken Tender Piccata

with Capers and Linguine

Discovery Special

30 Minutes



-  Chicken Tenders
-  Linguine
-  Capers
-  Lemon
-  Chicken Broth Concentrate
-  White Cooking Wine
-  All-Purpose Flour
-  Garlic, cloves
-  Baby Spinach

HELLO CAPERS

Small but powerful capers add a bold, briny and salty flavour to this dish!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, shallow dish, strainer, zester, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Linguine	170 g	340 g
Capers	30 g	60 g
Lemon	1	2
Chicken Broth Concentrate	1	2
White Cooking Wine	4 tbsp	8 tbsp
All-Purpose Flour	4 tbsp	8 tbsp
Garlic, cloves	2	4
Baby Spinach	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.

Contact

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Cook linguine

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. Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **1 cup pasta water** (dbl for 4 ppl), then drain **linguine**.



Make sauce

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan, then swirl the pan until melted. Add **cooking wine** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **remaining flour**. Cook, stirring constantly, until a **paste** forms, 1 min. Add **capers, broth concentrate** and **reserved pasta water**. Bring to a boil. Once boiling, reduce heat to medium-low. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Return **chicken** to the pan with **sauce**. Cook, stirring often, until **chicken** is coated with **sauce**, 1 min. Remove from heat.



Prep

While **water** come to a boil, peel, then mince or grate **garlic**. Roughly chop **spinach**. Zest, then juice **lemon**. Add **capers** to a small bowl, then pour over **hot water**. Stir to combine, then leave to soak, 2 min. Once soaked, drain, then rinse **capers**.



Finish linguine

While **sauce** thickens, add **1 tbsp butter** (dbl for 4 ppl) to the same large pot (from step 1) over medium-high and swirl until melted. Add **remaining garlic**. Cook, stirring constantly, until fragrant, 1 min. Add **linguine** and **spinach**. Cook, tossing often, until **spinach** is wilted, 1 min. Add **lemon zest**. Season with **salt** and **pepper**, then toss to combine.



Prep and cook chicken

Pat **chicken** dry with paper towels, then season with **¼ tsp salt** (dbl for 4 ppl) and **pepper**. Add **half the flour** to a shallow dish. Add **chicken** to **flour mixture**, then toss to coat. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch!) Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate.



Finish and serve

Add **1 tbsp lemon juice** (dbl for 4 ppl) to the pan with **chicken**. Season with **salt** and **pepper**, to taste, then toss to combine. Divide **linguine** between plates. Top with **chicken**, then spoon over any **remaining sauce** from the pan.

Dinner Solved!