



# Mediterranean Tortellini

## with Pesto Sauce and Roasted Veggies

Veggie

30 Minutes

↗ Custom Recipe **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



Chicken  
Tenders\*  
310 g | 620 g



Fresh Cheese  
Tortellini  
350 g | 700 g



Zucchini  
1 | 2



Yellow Onion  
½ | 1



Sweet Bell Pepper  
1 | 2



Basil Pesto  
¼ cup | ½ cup



Parmesan Cheese,  
shredded  
¼ cup | ½ cup



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Baby Tomatoes  
113 g | 227 g

**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.

**Pantry items** | Unsalted butter\*, oil\*, pepper\*, salt\*

**Cooking utensils** | Baking sheet, colander, measuring spoons, measuring cups, large pot

1



## Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- 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.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Prick **tomatoes** with a fork.

2



## Roast veggies

- Add **onions, zucchini, peppers, tomatoes, half the Zesty Garlic Blend** and **1 tbsp (2 tsp) oil** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** soften, 12-14 min.

3



## Cook tortellini

- **+ Add | Chicken Tenders**
- Meanwhile, add **tortellini** to the **boiling water**. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **¼ cup (¾ cup) pasta water**, then drain **tortellini**.

4



## Assemble tortellini

- Heat the same large pot over medium.
- When hot, add **2 tbsp (4 tsp) butter** and **remaining Zesty Garlic Blend**. Swirl the pot until **butter** is melted and **spices** are toasted, 1 min.
- Remove from heat.
- Add **tortellini, pesto, roasted veggies, half the Parmesan** and **reserved pasta water**.
- Season with **salt** and **pepper**, to taste. Stir gently, until well-combined.

5



## Finish and serve

- **+ Add | Chicken Tenders**
- Divide **tortellini** between bowls.
- Sprinkle with **remaining Parmesan**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 3 | Cook chicken tenders

**+ Add | Chicken Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.\*\*

## 5 | Finish and serve

**+ Add | Chicken Tenders**

Top final plates with **chicken**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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