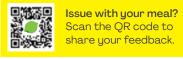
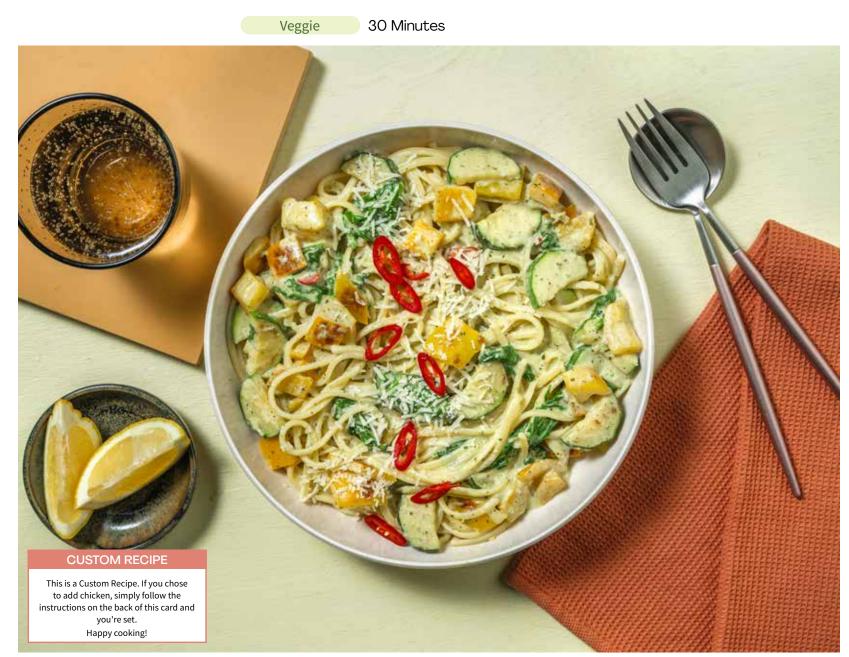


Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese







Linguine







Zucchini

Garlic, cloves





Sweet Bell Pepper





Red Chili Pepper

Lemon

Basil Pesto



Parmesan Cheese,



shredded



Baby Spinach





Garlic Salt

HELLO ZUCCHINI

Start here

- Before starting, wash and dry all produce.
- If you've opted to add chicken, preheat the oven to 450°F.

Measurements, 1 tbsp, (2 tbsp), within steps

4 person

oil

Heat Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: 1/2 tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

Bust out

Colander, measuring spoons, zester, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Linguine	170 g	340 g
Chicken Tenders •	310 g	620 g
Garlic, cloves	2	4
Zucchini	1	2
Sweet Bell Pepper	1	2
Lemon	1	1
Basil Pesto	¼ cup	½ cup
Red Chili Pepper	1	1
Parmesan Cheese, shredded	¼ cup	½ cup
Goat Cheese	56 g	113 g
Baby Spinach	28 g	56 g
Cream	56 ml	113 ml
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
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.



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Boil water

 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.

If you've opted to add **chicken tenders**, pat chicken dry with paper towels. Season with salt and pepper. Transfer chicken to a parchmentlined baking sheet, then drizzle **1 tbsp** (2 tbsp) oil over top. Roast in the middle of the oven, flipping halfway through, until cooked through, 12-14 min.**



Cook veggies

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp (2 tbsp) oil, then zucchini and peppers. Season with garlic salt and pepper. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add garlic and ½ tsp chilies. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.



Prep

- Meanwhile, halve zucchini lengthwise, then cut into 1/4-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Zest, then juice half the lemon (use same for 4 ppl). Cut **remaining lemon** into wedges.
- Peel, then mince or grate garlic.
- Thinly slice **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilies!)



Cook linguine

- Add linguine to the boiling water. Cook, stirring occasionally, until linguine is tender, 10-12 min.
- Reserve 1/4 cup (1/2 cup) pasta water, then drain and return **linguine** to the same pot, off heat.



Make sauce

- Remove the pan with veggies from heat, then add spinach, pesto, cream, goat cheese, lemon zest and ½ tbsp (1 tbsp) lemon juice.
- · Season with pepper, then stir until spinach wilts, 1-2 min. Set aside.



- Add veggies and sauce, reserved pasta water, half the Parmesan and 2 tbsp (4 tbsp) **butter** to the pot with **linguine**. Season with **salt** and **pepper**, then toss to combine.
- Divide zucchini and lemon linguine between bowls. Sprinkle with remaining Parmesan.
- Squeeze a **lemon wedge** over top, if desired.
- Sprinkle with any remaining chilies, if desired.

Top final plates with chicken.

Dinner Solved!