



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie 30 Minutes



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

- Linguine
- Chicken Tenders
- Garlic, cloves
- Zucchini
- Sweet Bell Pepper
- Lemon
- Basil Pesto
- Red Chili Pepper
- Parmesan Cheese, shredded
- Goat Cheese
- Baby Spinach
- Cream
- Garlic Salt

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Heat Guide for Step 4:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ 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.



Cook veggies

- Heat a large non-stick pan over medium-high 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** (1 tsp) **chilies**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-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!)



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.



Cook linguine

- Add **linguine** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange **chicken** in a single layer on an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.**



Finish and serve

- 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!