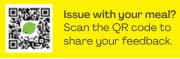


# **Zucchini and Lemon Linguine**

with Basil Pesto and Goat Cheese

Veggie

30 Minutes







Linguine





Garlic, cloves

Zucchini





Sweet Bell Pepper





**Basil Pesto** 

Red Chili Pepper

Lemon





Parmesan Cheese, shredded





**Goat Cheese** 

**Baby Spinach** 



Garlic Salt



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!



## 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

Ingredient

Heat Guide for Step 4:

- Mild: ½ tsp (½ 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                  | ⅓ cup    | ½ cup    |
| Red Chili Pepper 🌙           | 1        | 1        |
| Parmesan Cheese,<br>shredded | ⅓ 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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• 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.



## 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 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.\*\*



# 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 (1 tsp) chilies. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.



### 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.



### 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!**