



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

Optional Spice

30 Minutes

+ Add



Chicken Tenders*

56 g | 113 g

↗ 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](https://www.hellofresh.ca)



Linguine
170 g | 340 g



Garlic, cloves
2 | 4



Zucchini
1 | 2



Sweet Bell Pepper
1 | 2



Lemon
1 | 1



Basil Pesto
1/4 cup | 1/2 cup



Red Chili Pepper
1 | 1



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Goat Cheese
56 g | 113 g



Baby Spinach
28 g | 56 g



Cream
56 ml | 113 ml



Garlic Salt
1 tsp | 2 tsp

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

1



Boil water

- Before starting, wash and dry all produce.
 - Heat Guide for Step 4: 1/8 tsp (1/4 tsp) mild, 1/4 tsp (1/2 tsp) medium, 1/2 tsp (1 tsp) spicy and 1 tsp (2 tsp) extra-spicy!
- 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.

2



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.
- Core, then cut **pepper** into 1/2-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!**)

3



Cook linguine

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

4



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

5



Make sauce

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

6



Finish and serve

- + Add | **Chicken Tenders**
- 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.

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 **1/2 tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until golden-brown and cooked through, 3-4 min per side.** Transfer to a plate. Cover to keep warm. Reuse the same pan to cook **veggies** in step 4.

6 | Finish and serve

+ Add | **Chicken Tenders**

Top plated **pasta** with **chicken**.

** Cook chicken 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.



Issue with your meal? Scan the QR code to share your feedback.