

# HELLO Zucchini and Lemon Linguine with Pasil Posts and Gost Chasse

with Basil Pesto and Goat Cheese

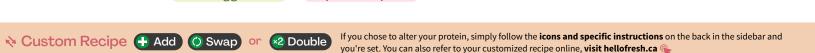
Veggie

Optional Spice 30 Minutes



Chicken Tenders\*

56 g | 113 g







Linguine 170 g | 340 g







1 | 2





1/4 cup | 1/2 cup





Red Chili Pepper 1 | 1

¼ cup | ½ cup





56 g | 113 g



28 g | 56 g



56 ml | 113 ml



1tsp | 2tsp

Allengens 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. **Cooking utensils** | Colander, measuring spoons, zester, measuring cups, large pot, large non-stick pan



### **Boil** water

- · Before starting, wash and dry all produce.
- Heat Guide for Step 4: % tsp (¼ tsp) mild,
  ¼ tsp (½ tsp) medium, ½ 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.



## 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!)



# Cook linguine

### Add | Chicken Tenders

- 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.



# 6 | Finish and serve

in step 4.

Measurements

within steps

1 tbsp

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

oil

Add | Chicken Tenders

Top plated pasta with chicken.



# 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.



#### 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 | 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.



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

- \*\* 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.