



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

30 Minutes

+ Add



Chicken Breast
Tenders*
340 g | 680 g

Customized Protein

+ 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](http://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
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

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.
- If you've opted to add chicken, preheat the oven to 450°F.

+ 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)

- 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 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!)

3



Cook linguine

+ Add | Chicken Breast 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.

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 **½ 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 **½ tbsp (1 tbsp) lemon juice**.
- Season with **pepper**, then stir until **spinach** wilts, 1-2 min. Set aside.

6



Finish and serve

+ Add | Chicken Breast 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

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels, then add **chicken** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange **chicken** in a single layer. Bake in the **middle** of the oven until cooked through, 12-14 min.** Meanwhile, cook linguine.

6 | Finish and serve

+ Add | Chicken Breast Tenders

Top final plates with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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