



# Zucchini and Lemon Linguine

## with Basil Pesto and Goat Cheese

Veggie

30 Minutes

+ Add



Chicken Breast  
Tenders +  
310 g | 620 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](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  
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.
- **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 the pan is 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 linguine and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken tenders**, as **linguine** cooks, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. 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 next step.

### 6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Arrange **chicken** on top of plated **linguine**.

\* 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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