



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

Spicy

30 Minutes

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)

+ Add



Chicken Breast
Tenders*
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



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



Chili Pepper
1 | 1



Parmesan
Cheese, shredded
¼ cup | ½ cup



Goat Cheese,
crumbled
½ cup | 1 cup



Baby Spinach
28 g | 56 g



Cream
56 ml | 113 ml



Garlic Salt
4 g | 8 g

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, salt, pepper, oil

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

1



Boil water

- Before starting, wash and dry all produce.
- Bring a large pot of **salted water** to a boil over high.

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 servings). 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!)

4



Cook veggies

+ Add | **Shrimp**

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini** and **peppers**. Season with **garlic salt** and **pepper**.
- Cook for 3-4 min, stirring occasionally, until **veggies** are tender-crisp.
- Add **garlic** and ½ **tsp** (1 tsp) **chilies**. (Like things spicy? Add more chilies!)
- Cook for 1-2 min, stirring often, until fragrant.

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 for 1-2 min, until **spinach** wilts. Set aside.

3



Cook linguine

+ Add | **Chicken Breast Tenders**

+ Add | **Shrimp**

- To the **boiling water**, add **linguine**. Cook for 10-12 min, stirring occasionally, until tender but still firm to the bite.
- Reserve ¼ **cup** (½ cup) **pasta water**. Strain **linguine**, then return to the pot, off heat.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- To the pot with **linguine**, add **veggies** and **sauce**, **reserved pasta water**, **half the Parmesan** and **2 tbsp** (4 tbsp) **butter**. 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 and sprinkle with **any remaining chilies**, if you like.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook linguine and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Transfer to a plate and cover to keep warm. Use the same pan to cook **veggies** in step 4.

3 | Cook linguine and prep shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

4 | Cook veggies and shrimp

+ Add | **Shrimp**

When the pan is hot, add **shrimp** along with the **zucchini** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp and **shrimp** just turn pink, 3-4 min.** Remove from heat. Proceed with remaining instructions as written.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top final bowls 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 165°F.