



Chicken and Sun-Dried Tomato Pesto Orzo

with Spinach, Zucchini and Parmesan

30 Minutes



Chicken Breasts



Garlic Salt



Sun-Dried Tomato Pesto



Baby Spinach



Yellow Onion



Zucchini



Parmesan Cheese, shredded



Garlic, cloves



Orzo

HELLO SUN-DRIED TOMATO PESTO

This pesto gets its natural sweetness from sun-dried tomatoes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, strainer, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Garlic Salt	1 tsp	2 tsp
Sun-Dried Tomato Pesto	¼ cup	½ cup
Baby Spinach	56 g	113 g
Yellow Onion	56 g	113 g
Zucchini	200 g	400 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic, cloves	2	4
Orzo	170 g	340 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook 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.

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.

Contact

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Cook orzo

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¾ cup pasta water** (1 cup for 4 ppl), then drain **orzo**.



Cook veggies

- When **orzo** is almost done, return the pan with **reserved oil** to medium (medium-high for 4 ppl).
- When hot, add **onions** and **zucchini**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 3-4 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **remaining garlic salt** and **pepper**.



Prep

- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Roughly chop **spinach**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.



Finish orzo

- Stir in **½ cup reserved pasta water** (dbl for 4 ppl) into the pan with **veggies**, then bring to a simmer.
- When simmering, add **orzo**, **spinach**, **pesto** and **half the Parmesan**. Cook, stirring often, until **cheese** melts and **spinach** wilts, 1 min. (**TIP:** To reach desired consistency, add remaining pasta water, 1 tbsp at a time.) Season with **salt** and **pepper**, to taste.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side.
- Remove the pan from heat.
- Transfer **chicken** to an unlined baking sheet, reserving **any oil** in the pan.
- Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**



Finish and serve

- Thinly slice **chicken**.
- Divide **orzo** between plates. Top **orzo** with **chicken**.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!