



CHICKEN PENNE

with Tomato-Spinach Cream Sauce

FAMILY



HELLO PESTO

Sun-dried tomato pesto is the combination of oil, sun-dried tomatoes and pine nuts

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 919



Chicken Breasts



Penne



Sun-Dried Tomato Pesto



Peas



Baby Spinach



Parmesan Cheese, shredded



Sour Cream



Lemon

BUST OUT

- Aluminum Foil
- Silicone Brush
- Baking Sheet
- Large Pot
- Paper Towel
- Measuring Cups
- Measuring Spoons
- Strainer
- Zester
- Large Non-Stick Pan
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Penne 1 340 g
- Sun-Dried Tomato Pesto 2,5,9 1/3 cup
- Peas 113 g
- Spinach 113 g
- Parmesan Cheese, shredded 2 1/2 cup
- Sour Cream 2 6 tbsp
- Lemon 1

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat your broiler to **high** (to broil the chicken).



1 PREP Wash and dry all produce.* In a large pot, add **10 1/2 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, zest, then juice **half the lemon**. Cut the **remaining** lemon half into wedges. Pat the **chicken** dry with paper towels, then season with **salt and pepper**.



4 START SAUCE When the **penne** is tender, reserve **1/2 cup water**, then add the **spinach** to the same large pot with the boiling water and penne. Stir together until the spinach wilts 1-2 min. Drain and return the penne and spinach to the same large pot.



2 SEAR CHICKEN Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. Sear until golden-brown, 3-4 min per side. (It's okay if it doesn't cook all the way through at this step!) Meanwhile, add the **penne** to the boiling water. Cook until tender, 10-12 min.



5 ASSEMBLE PASTA Heat the same pot over medium heat. Add the **peas, sour cream, lemon zest, pasta water, 1 tbsp lemon juice** and **remaining pesto**. Cook, stirring together, until warmed through and a sauce forms, 2-3 min. Season with **salt and pepper**.



3 BROIL CHICKEN When the **chicken** is golden-brown, remove the pan from the heat and transfer chicken to a foil-lined baking sheet. Brush the tops of each chicken with **half the pesto**. Broil the chicken in the centre of the oven until tops are golden-brown and chicken is cooked through, 4-6 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE Thinly slice the **chicken**. Divide the **pasta** between bowls and top with the chicken. Sprinkle with the **Parmesan** and squeeze over a **lemon wedge**, if desired.

CREAMY!

The secret to any creamy pasta is adding some of the starchy pasta water.

