



Creamy Horseradish Chicken Linguine

with Spinach

30 Minutes



Chicken Breasts



Dijon Mustard



Linguine



Baby Spinach



Creamy Horseradish Sauce



Garlic Salt



Parmesan Cheese, shredded



Chives



Cream Sauce Spice Blend



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HELLO HORSERADISH

This spicy root is in the same family as wasabi!

Start here

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

Bust out

Baking sheet, colander, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Dijon Mustard	1 ½ tsp	3 tsp
Linguine	170 g	340 g
Baby Spinach	56 g	113 g
Creamy Horseradish Sauce	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Parmesan Cheese, shredded	¼ cup	½ cup
Chives	7 g	7 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	½ cup	¾ cup
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 linguine

- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup pasta water** (dbl for 4 ppl), then drain.



Make sauce

- When **linguine** is done, return the same pan to medium-high.
- When hot, add **linguine**, **Cream Sauce Spice Blend**, **reserved pasta water** and **remaining garlic salt**. Stir to combine and bring to a simmer.
- Once simmering, stir in **½ cup milk** (dbl for 4 ppl). Cook, tossing often, until **sauce** thickens slightly and coats **linguine**, 1-2 min.



Prep

- Meanwhile, roughly chop **spinach**.
- Thinly slice **half the chives** (all for 4 ppl).
- Pat **chicken** dry with paper towels. Season with **pepper** and **half the garlic salt**.



Finish linguine

- Add **spinach** and **remaining Parmesan** to the pan with **linguine**. Cook, stirring often, until **spinach** wilts, 1 min.
- Remove the pan from heat.
- Add **creamy horseradish sauce** and **Dijon**. Season with **salt** and **pepper**, to taste, then stir to combine.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **chicken**. Cook until golden, 1-2 min per side.
- Remove the pan from heat.
- Transfer **chicken** to a parchment-lined baking sheet, reserving **fat** in the pan.
- Sprinkle **half the Parmesan** over **chicken**.
- Bake in the **top** of the oven until **chicken** is cooked through, 10-12 min.**



Finish and serve

- Thinly slice **chicken**.
- Divide **linguine** between plates. Top with **chicken**.
- Sprinkle **chives** over top.

Dinner Solved!