

# Easy Peasy Chicken Tetrazzini

with Linguine

30 Minutes





Chicken Tenders









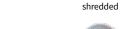


Baby Spinach





Garlic, cloves





Yellow Onion



Parmesan Cheese,

**Italian Seasoning** 



Cream Sauce Spice Blend



Sour Cream

## Start here

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

#### **Bust out**

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

## Ingredients

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	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Linguine	170 g	340 g
Cream	56 ml	113 ml
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Parmesan Cheese, shredded	¼ cup	⅓ cup
Yellow Onion	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
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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#### Prep

- 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.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Peel, then mince or grate garlic.
- Roughly chop **spinach**.



## Start sauce

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add 2 tbsp butter (dbl for 4 ppl), then onions and garlic. Cook, stirring often, until onions soften, 3-4 min.
- Add **spinach** and **remaining Italian Seasoning**. Cook, stirring often, until **spinach**wilts, 1-2 min.



#### Cook chicken

- Pat **chicken** dry with paper towels. Season with **half the Italian Seasoning**, 1/4 **tsp salt** and 1/4 **tsp pepper** (dbl both for 4 ppl).
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then chicken. Cook until golden-brown,
  1-2 min per side. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 5-6 min.\*\*



# **Cook linguine**

- Meanwhile, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup pasta water (dbl for 4 ppl), then drain.



## Finish sauce and coat linguine

- Add cream, Cream Sauce Spice Blend, sour cream and reserved pasta water to the pan with veggies.
- Cook, stirring frequently, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**.
- Add **linguine** to the pan with **sauce**. Cook, stirring often, until **linguine** is coated, 1 min.



## Finish and serve

- Divide **linguine** between plates, then top with **chicken**.
- Sprinkle **Parmesan** over top.

# **Dinner Solved!**