



Easy Peasy Chicken Tetrazzini

with Linguine

30 Minutes



-  Chicken Tenders
-  Linguine
-  Cream
-  Baby Spinach
-  Garlic, cloves
-  Parmesan Cheese, shredded
-  Yellow Onion
-  Italian Seasoning
-  Cream Sauce Spice Blend
-  Sour Cream

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

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

	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	¼ 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**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl).
- Heat a large non-stick pan over medium-high 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. **



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.



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 and serve

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

Dinner Solved!