



# Herby Chicken Pasta Fredda

with Bocconcini and Lemon Dressing

Mother's Day 20 Minutes



Chicken Tenders



Italian Seasoning



Penne



Bocconcini Cheese



Lemon



Baby Tomatoes



Cucumber



Red Onion



Mixed Olives



Basil



Parsley



Arugula and Spinach Mix



Parmesan Cheese

HELLO PENNE

*This pasta is named for its resemblance to the tip of a fountain pen.*

## Start here

- Add 10 cups water and 2 tsp salt to a large pot. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust Out

Colander, microplane/zester, tongs, large bowl, large pot, large non-stick pan, measuring cups, measuring spoons, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Italian Seasoning	1 tbsp	2 tbsp
Penne	170 g	340 g
Bocconcini Cheese	100 g	200 g
Lemon	2	4
Baby Tomatoes	113 g	227 g
Cucumber	132 g	264 g
Red Onion	56 g	113 g
Mixed Olives	30 g	60 g
Basil	7 g	14 g
Parsley	7 g	14 g
Arugula and Spinach Mix	113 g	227 g
Parmesan Cheese	¼ cup	½ 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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Cook pasta

Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Drain and return the **pasta** to same pot, uncovered off heat.



## Prep chicken

While **pasta** cooks, pat the **chicken** dry with paper towels. Season with **Italian Seasoning**, **salt** and **pepper**.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min.\*\* (TIP: Don't overcrowd the pan; cook the chicken in two batches if needed!) Set aside off-heat to cool slightly, 2-3 min.



## Prep salad

While **chicken** cooks, zest and juice the **lemon** in a large bowl. Add 2 **tbsp oil** (dbl for 4 ppl) and season with **salt** and **pepper**. Stir to combine. Halve **tomatoes**. Cut **cucumber** in half lengthwise, then into ¼-half-moons. Peel, then thinly slice **half the red onion** (whole for 4ppl) into ⅛-inch pieces. Tear the **basil**, **parsley**, **bocconcini** and **olives** into small pieces.



## Finish and serve

Tear the **chicken** into bite-sized pieces. Add **penne** to large bowl with the dressing, then toss to coat. Stir in the **chicken**, **tomatoes**, **cucumbers**, **olives**, **red onions**, **bocconcini**, **parsley**, **basil**, and **arugula and spinach mix** until combined. Season with **salt** and **pepper**. Divide between plates. Sprinkle **Parmesan** over top.

## Dinner Solved!