



Mediterranean Chicken and Veggies

with Orzo and Sun-Dried Tomato Pesto

Family Friendly

30 Minutes



Chicken Thighs



Chicken Breasts



Orzo



Sweet Bell Pepper



Zucchini



Yellow Onion



Sun-Dried Tomato Pesto



Parmesan Cheese, shredded



Chicken Broth Concentrate



Chicken Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO SUN-DRIED TOMATO PESTO

This pesto gets its natural sweetness from sun-dried tomatoes!

Start here

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

Bust out

Baking sheet, colander, measuring spoons, zester, medium pot, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Orzo	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Yellow Onion	56 g	113 g
Sun-Dried Tomato Pesto	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Chicken Salt	1 tbsp	2 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 **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **half the onion** into 1-inch pieces (whole onion for 4 ppl).
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.



Cook orzo

- Meanwhile, add **orzo** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 8-10 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain **orzo** and return to the same pot, off heat.



Prep chicken and veggies

- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board.
- Add **chicken, peppers, zucchini, onions, chicken salt** and **2 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, divide chicken and veggies between 2 baking sheets, using 2 tbsp oil per sheet.) Season with **pepper**, then toss to combine.
- Arrange **chicken and veggies** in a single layer.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish orzo

- Add **half the reserved pasta water, broth concentrate** and **sun-dried tomato pesto** to the pot with **orzo**.
- Season with **pepper**, to taste, then stir to combine. (**TIP:** For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired.) Cover to keep warm.



Roast chicken and veggies

- Roast in **middle** of the oven, stirring halfway through, until **veggies** are tender and **chicken** is cooked through, 16-18 min. ** (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Finish and serve

- Divide **sun-dried tomato orzo** between bowls. Top with **chicken and veggies**.
- Sprinkle **Parmesan** over top.

Dinner Solved!