



Spinach and Cheese Stuffed Chicken

with Basmati Rice

Family

35 Minutes



Chicken Breasts



Baby Spinach



Mozzarella Cheese, shredded



Basil Pesto



Basmati Rice



Zucchini



Garlic



Italian Seasoning



Sour Cream



Chicken Broth Concentrate

HELLO ZUCCHINI

The name for this popular veggie comes from "Zucca", the Italian word for squash!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come to room temperature!

Bust Out

Baking sheet, measuring spoons, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Baby Spinach	56 g	113 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Basil Pesto	¼ cup	¼ cup
Basmati Rice	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Garlic	3 g	6 g
Italian Seasoning	½ tbsp	1 tbsp
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
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 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



1

Finely chop **spinach**. Cut **zucchini** lengthwise, then into ½-inch thick half-moons. Peel, then mince or grate **garlic**. Toss **zucchini**, **½ tbsp Italian Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) on a baking sheet. Set aside. Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.



4

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. Remove the pan from heat and allow to cool slightly before making **sauce**. Transfer **chicken** to the baking sheet with **zucchini**. Bake in the **middle** of the oven, until **zucchini** is tender and **chicken** is cooked through, 10-12 min.**



2

Mix filling and cook rice

While the **broth** comes to a boil, add **cheese**, **spinach**, **garlic** and **2 tbsp room temperature butter** (dbl for 4 ppl) to a small bowl. Mash together with a fork to combine. Season with **salt** and **pepper**. Set aside. Add **rice** to the pot of **boiling broth**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5

Make pesto sauce

Once cooled, heat the same pan over medium. When hot, add **pesto**, **sour cream** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **pesto** is warmed through, 2-3 min. Fluff **rice** with a fork, then season with **salt**.



3

Prep chicken

While **rice** cooks, pat **chicken** dry with paper towels. Carefully slice into centre of **each breast** parallel to cutting board, leaving 1-inch intact on the other end. Open up **each breast** like a book and season with **salt** and **pepper**. Divide **cheese filling** equally between **breasts**, then fold closed.



6

Finish and serve

When **chicken** is done, transfer to a plate. Cover loosely with foil and set aside to cool, 4-5 min. Divide **stuffed chicken**, **rice** and **zucchini** between plates. Drizzle **pesto sauce** over **rice** and **chicken**.

Dinner Solved!