



TRIPLE VEGGIE CHICKEN MARINARA SAUCE

with Penne Pasta

FAMILY



HELLO PENNE

This pasta gets its name because of its similarity in shape to a fountain pens steel nib!

TIME: 35 MIN



Chicken Breasts



Diced Tomatoes



Zucchini



Carrot



Garlic



Italian Seasoning



Penne



Parmesan Cheese

BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Box Grater
- Large Pot
- Measuring Spoons
- Peeler
- Strainer
- Salt and Pepper
- Paper Towel
- Olive or Canola Oil
- Sugar (½ tsp)

INGREDIENTS

4-person

- Chicken Breasts 4
- Diced Tomatoes 1 can
- Zucchini 200 g
- Carrot 170 g
- Garlic 12 g
- Italian Seasoning 9 2 tbsp
- Penne 1 340 g
- Parmesan Cheese 2 28 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG



Preheat the oven to **450°F** (to bake chicken). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, peel **carrots**. Using a box grater, coarsely grate **peeled carrots**. Coarsely grate **zucchini**. Peel, then mince or grate **garlic**.



4 COOK VEGGIES

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **carrots**, **grated zucchini**, **garlic** and **remaining Italian seasoning**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** soften, 5-6 min. Add **tomatoes** and **½ tsp sugar**. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min. Season with **salt** and **pepper**.

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2 BAKE CHICKEN

Pat **chicken** dry with paper towel, then cut into 1-inch pieces. On a baking sheet, toss **chicken** with **half the Italian seasoning** and **1 tbsp oil**. Season with **salt** and **pepper**. Arrange **chicken** in a single layer. Bake in **middle** of oven, until cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



5 ASSEMBLE PASTA

To the large pan with **veggie-tomato sauce**, add **penne** and **chicken**. Toss to combine.



3 COOK PASTA

Meanwhile, to **boiling water**, add **penne**. Cook, stirring occasionally, until tender, 10-12 min. When **penne** is tender, drain. Return to the same pot, off heat. Set aside.



6 FINISH AND SERVE

Divide **chicken** and **penne marinara** between bowls. Sprinkle over **Parmesan**.

TIME TO EAT!

In a word: YUM!