



Zucchini and Lemon Linguine

with Peas and Pesto

Veggie

35 Minutes



Linguine



Garlic



Zucchini



Green Peas



Lemon



Basil Pesto



Chili Pepper



Parmesan Cheese

HELLO ZUCCHINI

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

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust Out

Measuring cups, measuring spoons, strainer, large pot, large non-stick pan, microplane/zester

Ingredients

	2 Person	4 Person
Linguine	170 g	340 g
Garlic	6 g	12 g
Zucchini	200 g	400 g
Green Peas	113 g	227 g
Lemon	1	2
Basil Pesto	¼ cup	½ cup
Chili Pepper 🌶️	1	1
Parmesan Cheese	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

—
You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1 Prep

Add **10 cups water** and **2 tsp salt** (use same for 4 ppl) in a large pot. Cover and bring to a boil over high heat. While **water** boils, halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Zest **lemon**, then cut into wedges. Peel, then mince **garlic**. Thinly slice **chili**, removing seeds for less heat. (**NOTE:** we suggest using gloves when prepping chili!)



4 Make sauce

Add **garlic, basil pesto, reserved pasta water** and **1 tsp chili** to the pan with **veggies**. (**NOTE:** Reference Heat Guide.) Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Add **linguine with peas, lemon zest, half the Parmesan** and **2 tbsp butter** (dbl for 4 ppl). Remove from heat. Stir together until **linguine** is coated.



2 Cook linguine and peas

Add **linguine** and **peas** to the pot of **boiling water**. Cook, stirring occasionally, until **linguine** and **peas** are tender, 10-12 min. When **linguine** and **peas** are tender, reserve **¾ cup pasta water** (dbl for 4 ppl), then drain.



5 Finish and serve

Divide **zucchini** and **lemon linguine** between bowls. Sprinkle over **remaining Parmesan**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!



3 Cook veggies

While **linguine** and **peas** cook, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender, 4-5 min.