



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

Optional Spice

30 Minutes



Linguine



Garlic, cloves



Zucchini



Sweet Bell Pepper



Lemon



Basil Pesto



Red Chili Pepper



Parmesan Cheese, shredded



Goat Cheese



Baby Spinach



Cream



Garlic Salt

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4:

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

Bust out

Colander, measuring spoons, zester, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Linguine	170 g	340 g
Garlic, cloves	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Basil Pesto	¼ cup	½ cup
Red Chili Pepper 🌶️	1	1
Parmesan Cheese, shredded	¼ cup	½ cup
Goat Cheese	56 g	112 g
Baby Spinach	28 g	56 g
Cream	56 ml	113 ml
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

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Boil water

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini** and **peppers**. Season with **garlic salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **garlic** and **½ tsp chilies**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Zest, then juice **half the lemon** (use same for 4 ppl). Cut **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Thinly slice **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!)



Make sauce

- Remove the pan with **veggies** from heat, then add **spinach, pesto, cream, goat cheese, lemon zest** and **½ tbsp lemon juice** (dbl for 4 ppl).
- Season with **pepper**, then stir until **spinach** wilts, 1-2 min. Set aside.



Cook linguine

- Add **linguine** to the **boiling water**. Cook, stirring occasionally, until **linguine** is tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **linguine** to the same pot, off heat.



Finish and serve

- Add **veggies and sauce, reserved pasta water, half the Parmesan** and **2 tbsp butter** (dbl for 4 ppl) to the pot with **linguine**. Season with **salt** and **pepper**, then toss to combine.
- Divide **zucchini and lemon linguine** between bowls. Sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.
- Sprinkle with **any remaining chilies**, if desired.

Dinner Solved!