



Zucchini and Lemon Linguine

with Basil Pesto and Goat Cheese

Veggie

Optional Spice

Quick

25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Linguine
-  Chicken Breasts
-  Garlic, cloves
-  Zucchini
-  Sugar Snap Peas
-  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.
- If you've opted to add chicken breasts, preheat the oven to 450°F.

Heat Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ 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
Chicken Breasts*	2	4
Garlic, cloves	2	4
Zucchini	200 g	400 g
Sugar Snap Peas	113 g	227 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

** 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.

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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.

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.** Use the same non-stick pan to cook **veggies** in step 4.



Cook veggies

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



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Trim, then halve **snap peas**.
- 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 tsp 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 chilis**, if desired.

Thinly slice **chicken**. Top **plated linguine** with **chicken**.

Dinner Solved!