



Cheesy Chicken and Pesto Penne

with Green Peas

Quick 25 Minutes



Chicken Breasts



Penne



Italian Seasoning



Parmesan Cheese, shredded



Basil Pesto



Green Peas



Yellow Onion

HELLO BASIL PESTO

This sweet, herbaceous sauce is great to add to dishes for extra flavour power!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Penne	170 g	340 g
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Green Peas	56 g	113 g
Yellow Onion	113 g	226 g
Unsalted Butter*	3 tbsp	6 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.

Contact

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Prep

- 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.
- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Pat **chicken** dry with paper towels. Season all over with **Italian Seasoning, salt** and **pepper**.



Cook green peas

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add **2 tbsp butter** (dbl for 4 ppl), then **green peas** and **onions**.
- Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**.



Cook chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 2-3 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Sprinkle with **half the Parmesan**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**



Finish penne

- Add **pesto, penne** and **reserved pasta water** to the pan with **green peas**.
- Cook, stirring often, until **penne** is coated, 1-2 min. Season with **salt** and **pepper**.
- Remove the pan from the heat.
- Add **1 tbsp butter** (dbl for 4 ppl), then toss until **penne** is coated, 1 min.



Cook penne

- Meanwhile, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain.



Finish and serve

- Slice **chicken**.
- Divide **chicken** and **penne** between plates.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!