



CHICKEN AND PESTO PASTA DINNER

PLUS A CHICKEN SALAD SANDWICH FOR LUNCH



HELLO
DINNER TO LUNCH
 Cook it once, eat it twice: tonight's dinner extras transform into tomorrow's lunch.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 790

LUNCH | TOTAL: 5 MIN | CALORIES: 440

-  Roma Tomatoes
-  Chicken Thighs
-  Cavatappi Pasta
(Contains: Wheat)
-  Parmesan Cheese
(Contains: Milk)
-  Sour Cream
(Contains: Milk)
-  Lemon
-  Tuscan Heat Spice
-  Pesto
(Contains: Milk)
-  Arugula
-  Demi-Baguettes
(Contains: Wheat)

START STRONG

This recipe serves two for dinner and two for lunch. After you've finished with dinner, spend a little time getting everything ready for lunch, which only takes a few short minutes.

BUST OUT

- Large pot
- Strainer
- Zester
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

LUNCH

- Large bowl
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Roma Tomatoes 2 | 4
- Lemon 1 | 2
- Chicken Thighs 24 oz | 48 oz
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- Cavatappi Pasta 6 oz | 12 oz
- Pesto 4 oz | 8 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Arugula 2 oz | 2 oz

ADD FOR LUNCH

- Sour Cream 2 TBSP | 4 TBSP
- Demi-Baguettes 2 | 4

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DINNER



1 PREP AND BOIL PASTA

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Dice one **tomato**. Zest 1 tsp zest from **lemon**, then cut into quarters. Pat **chicken** dry with a paper towel. Season with **salt, pepper**, and **Tuscan heat spice**. Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **¼ cup cooking water**, then drain.



4 SERVE DINNER

Stir half the **chicken** into pan with pasta. Remove from heat and stir in a squeeze or two of **lemon**. (**TIP:** If mixture seems dry, add a splash of pasta cooking water.) Let pasta cool slightly, then stir in $\frac{2}{3}$ of the **arugula**. Divide between plates, sprinkle with remaining **Parmesan**, and serve.

BON APPÉTIT!



2 COOK CHICKEN

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until no longer pink in center, 4-5 minutes per side. (**TIP:** Work in batches if you can't fit all the chicken comfortably.) Remove from pan and set aside to rest. Cut chicken into 1-inch pieces once cool enough to handle.



3 FINISH PASTA

Heat a drizzle of **olive oil** in same pan over medium heat. Add **diced tomato**. Cook, tossing, until slightly softened, 1-2 minutes. Season with **salt** and **pepper**. Add **cavatappi**, **1 TBSP butter**, and $\frac{3}{4}$ of the **pesto** and toss to combine. Stir in **lemon zest** and half the **Parmesan**. Season with salt and pepper.

LUNCH



1 PREP LUNCH

After dinner, toss together **sour cream**, a squeeze of **lemon**, and remaining **chicken** and **pesto** in a large bowl. Season with **salt** and **pepper**. Cover and set aside in the fridge. When ready to pack your lunch, slice remaining **tomato** into thin rounds. Cut **baguettes** in half lengthwise. Divide chicken, tomato, baguettes, and remaining **arugula** and lemon between lunchboxes.



2 MAKE SANDWICHES

When you're ready to eat lunch, toast **baguettes** in a toaster until crisp and golden. Toss **arugula** with a squeeze of **lemon juice**, a drizzle of **olive oil**, and **salt** and **pepper**. Fill baguettes with **chicken**, arugula, and **tomato**, making sandwiches.