



# Creamy Pesto Orzo and Chicken

with Spinach and Peas

Spicy

35 Minutes



Chicken Breasts



Lemon-Pepper Seasoning



Orzo



Baby Spinach



Basil Pesto



Parmesan Cheese, shredded



Garlic, cloves



Green Peas

HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Orzo	170 g	340 g
Baby Spinach	56 g	113 g
Basil Pesto	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	¼ cup
Garlic, cloves	1	2
Green Peas	56 g	113 g
Unsalted Butter*	1 tbsp	2 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **half the Lemon-Pepper Seasoning**.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\*
- Carefully wipe the pan clean.



## Cook orzo and peas

- Once boiling, uncover and reduce heat to medium. Cook uncovered, stirring occasionally, until **orzo** is tender, 14-16 min.
- Add **peas** to the pan halfway through cooking.



## Prep

- Meanwhile, peel, then mince or grate **garlic**.



## Finish orzo

- When **orzo** is tender, add **spinach** to the pan. Cook, stirring often, until wilted, 1-2 min.
- Add **three-quarters of the Parmesan**. Cook, stirring often, until **Parmesan** melts, 1 min.
- Remove the pan from heat.
- Stir in **pesto**, then season with **salt** and **pepper**, to taste.



## Start orzo

- Heat the same pan (from step 1) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **garlic**. Cook, stirring constantly, until fragrant, 30 sec.
- Stir in **orzo**, **remaining Lemon-Pepper Seasoning**, **¼ tsp salt** and **2 ½ cups water** (dbl both for 4 ppl). Cover and bring to a boil over high.



## Finish and serve

- Thinly slice **chicken**.
- Divide **orzo** between plates.
- Top with **chicken**, then sprinkle with **remaining Parmesan**.

## Dinner Solved!