



Spinach and Cheese Stuffed Chicken with Basmati Rice

FAMILY 35 Minutes



Chicken Breasts



Baby Spinach



Swiss Cheese



Basil Pesto



Basmati Rice



Zucchini



Garlic



Italian Seasoning



Sour Cream



Chicken Broth Concentrate

HELLO ZUCCHINI

The name for this popular veggie comes from 'zucca', the Italian word for squash!

Start Strong

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

Remove ¼ cup butter from the fridge and set aside to come up to room temperature!

Bust Out

Baking Sheet, Garlic Press, Measuring Cups, Measuring Spoons, Medium Pot, Paper Towels, Small Bowl, Large Non-Stick Pan, Aluminum Foil

Ingredients

	4 Person
Chicken Breasts	4
Baby Spinach	56 g
Swiss Cheese	½ cup
Basil Pesto	¼ cup
Basmati Rice	1 ½ cup
Zucchini	400 g
Garlic	6 g
Italian Seasoning	1 tbsp
Sour Cream	6 tbsp
Chicken Broth Concentrate	2
Unsalted Butter*	¼ cup
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. PREP

Finely chop **spinach**. Cut **zucchini** into ½-inch thick half moons. Peel, then mince or grate **garlic**. Toss **zucchini** and **Italian seasoning** with **1 tbsp oil** on a baking sheet. Set aside. Add **2 ½ cups water** and **broth concentrates** in a medium pot. Cover and bring to a boil over high heat.



4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. Remove the pan from heat. Transfer **chicken** to the baking sheet with **zucchini**. Bake in **middle** of oven, until **chicken** is cooked through, 10-12 min.**



2. MIX STUFFING & COOK RICE

While **water** boils, add **cheese, spinach, garlic** and **¼ cup butter** (room temp.) in a small bowl. Mash together with a fork to combine. Season with **salt** and **pepper**. Set aside. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. MAKE PESTO SAUCE

While **chicken** cooks, set aside the pan to cool slightly, 3-4 min. (**NOTE:** This helps reduce residual heat.) Once cooled, heat the same pan over medium heat. When hot, add **pesto, sour cream** and **¼ cup water**. Cook, stirring occasionally, until **pesto** is warmed through, 2-3 min. Fluff **rice** with a fork, then season with **salt**.



3. PREP CHICKEN

While **rice** cooks, pat **chicken** dry with paper towels. Carefully slice into centre of **each breast** – parallel to cutting board – leaving 1-inch intact on the other end. Open up **each breast** like a book and season with **salt** and **pepper**. Divide **cheese filling** between **each breast**, then fold closed.



6. FINISH AND SERVE

When **chicken** is done, remove from the baking sheet. Set aside, loosely covered with foil, to cool, 4-5 min. Divide **stuffed chicken, rice** and **zucchini** between plates. Drizzle **pesto sauce** over **rice** and **chicken**.

Dinner Solved!