



# Spinach and Cheese Stuffed Chicken

with Basmati Rice



FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



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 HERE ▼

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature!

## Bust Out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Baby Spinach	56 g	56 g
Swiss Cheese	½ cup	1 cup
Basil Pesto	¼ cup	¼ cup
Basmati Rice	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Garlic	3 g	6 g
Italian Seasoning	1 tbsp	1 tbsp
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
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.

## 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.

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 1. PREP

Finely chop **spinach**. Cut **zucchini** into ½-inch thick half-moons. Peel, then mince or grate **garlic**. Toss **zucchini**, **½ tbsp Italian seasoning** and **½ tbsp oil** (dbl both for 4 ppl) on a parchment-lined baking sheet. Set aside. Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrates** to a medium pot. Cover and bring to a boil over high heat.



## 2. MIX FILLING & COOK RICE

While **water** comes to a boil, add **cheese**, **spinach**, **garlic** and **2 tbsp room temp butter** (dbl for 4 ppl) to a medium 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.



## 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.



## 4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), 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 the **middle** of the oven, until **zucchini** is tender and **chicken** is cooked through, 10-12 min.\*\*



## 5. MAKE PESTO SAUCE

While **chicken** is in the oven, set aside the large 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 **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **pesto** is warmed through, 2-3 min. Fluff **rice** with a fork, then season with **salt**.



## 6. FINISH AND SERVE

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

**Dinner Solved!**