



Chicken Alfredo & Fresh Fettuccine with Greens & Almonds

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4164kJ (995Cal) | Protein 68.1g | Fat, total 38.4g - saturated 16.3g | Carbohydrate 90.9g - sugars 8.8g | Sodium 1321mg
Spicy (optional chilli flakes)

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2021 | WK05 | W

Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

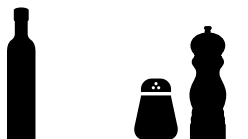
(along with the basics)



Large Frying Pan

Medium Saucepan

From the pantry



Olive Oil

Salt & Pepper

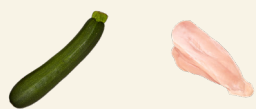
From the cool pouch

| | 2P | 4P |
|------------------------|----------------|-----------------|
| Chicken Tenderloin | 1 pkt | 1 pkt |
| Egg Fettuccine | 1 pkt | 2 pkts |
| Light Thickened Cream | 1 pkt (150ml) | 2 pkts (300ml) |
| Garlic Paste | 1 pkt | 2 pkts |
| Grated Parmesan Cheese | 1 pkt (30g) | 2 pkts (60g) |
| Basil Pesto | 1 sachet (50g) | 1 sachet (100g) |

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Zucchini

Chicken Tenderloin



Baby Spinach Leaves

2. Boil



Egg Fettuccine

3. Toss



Light Thickened Cream



Garlic Paste



Grated Parmesan Cheese



Chicken Stock



Roasted Almonds



Basil Pesto



Chilli Flakes

- Boil the kettle
- Chop **zucchini** and **chicken** into chunks
- Heat **olive oil** in a frying pan over high heat
- Cook **zucchini** and **chicken** until cooked through, **3-4 mins**
- Add **spinach** and cook until wilted, **1 min**

- When kettle boils, pour **water** into a saucepan over high heat. Generously season with **salt**
- Bring to the boil, add **fettuccine** and cook until al dente, **3 mins**
- Drain

- Add **cream**, **garlic paste**, **Parmesan** and crumbled **stock** to frying pan and cook until slightly thickened, **2-3 mins**
- Roughly chop **almonds**
- Add **fettuccine** and **pesto** to the pan and toss
- Season with **pepper**
- Serve topped with **chilli flakes** (if using) and **almonds**

