



# Chicken Alfredo & Fresh Fettuccine with Flaked Almonds

**FRESH & FAST**

Box to plate: 15 mins

Eat Me Early



**Nutrition Per Serving:** Energy 4408kJ (1054Cal) | Protein 64.6g | Fat, total 46.7g - saturated 16.9g | Carbohydrate 90g - sugars 7.5g | Sodium 1460mg

**Spicy** (optional chilli flakes) | The quantities provided above are averages only.

*The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.*

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# 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



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Egg Fettuccine	1 pkt	2 pkts
Thickened Cream	1 medium pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts
Grated Parmesan Cheese	1 pkt (30g)	2 pkts (60g)
Basil Pesto	1 pkt (50g)	1 pkt (100g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://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 Tenderloins



Baby Spinach Leaves

## 2. Boil



Egg Fettuccine

## 3. Toss



Thickened Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder



Basil Pesto



Chilli Flakes (Optional)



Flaked Almonds

- Boil the kettle
- Chop **zucchini** and **chicken** into chunks
- Heat a drizzle of **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**

- Pour **boiling water** into a saucepan over high heat. Generously season with **salt**
- Return to boil, add **fettuccine** and cook until 'al dente', **3 mins**
- Drain and set aside

- Add **cream**, **garlic paste**, **Parmesan** and **stock powder** to frying pan and cook until slightly thickened, **2-3 mins**
- Add **pasta** and **pesto** to pan and toss
- Season with **pepper**
- Plate up **pasta**. Serve topped with **chilli flakes** (if using) and **flaked almonds**

