



Chicken Alfredo & Fresh Fettucine with Flaked Almonds

FRESH & FAST

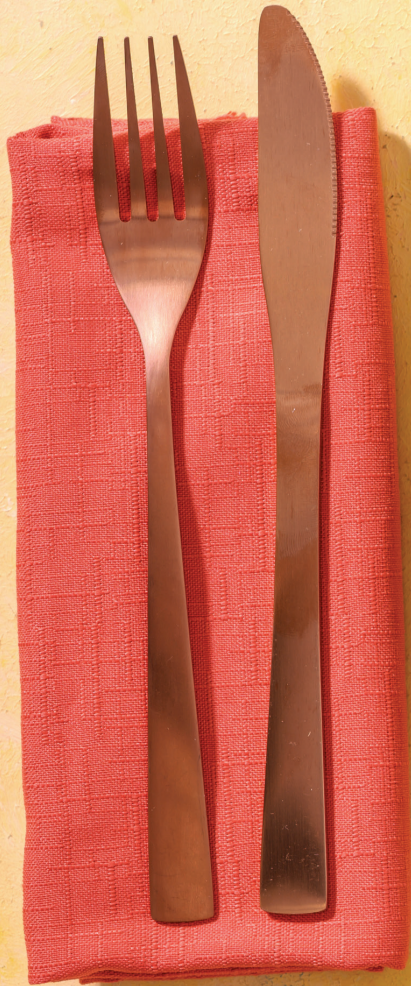
Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



SYD+MEL VERSION



Nutrition Per Serving: Energy 4527KJ (1082Cal) | Protein 65.9g | Fat, total 47.3g - saturated 15.3g | Carbohydrate 94.3g - sugars 10.5g | Sodium 1476mg
The quantities provided above are averages only.

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2022 | WK41 | 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



Large Saucepan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Egg Fettuccine	1 pkt	2 pkts
Light Cooking 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 medium pkt	2 medium pkts

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



Capsicum



Chicken Tenderloins



Baby Spinach Leaves

2. Boil



Egg Fettuccine

3. Toss



Light Cooking Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder



Basil Pesto



Chilli Flakes (Optional)



Flaked Almonds

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

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

- Add **cream**, **garlic paste**, **Parmesan** and **stock powder** to frying pan. Cook until slightly thickened, **2-3 mins**
- Add **pasta** and **pesto**. Toss to combine. Season with **pepper**
- Plate up **pasta**. Top with **chilli flakes** (if using) and **almonds** to serve



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