



Chicken Alfredo & Fresh Fettuccine with Almonds

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: 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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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 Breast Strips	1 pkt	1 pkt
Garlic Paste	1 pkt	1 pkt
Grated Parmesan Cheese	1 pkt (30g)	1 pkt (60g)
Basil Pesto	1 pkt (50g)	1 pkt (100g)
Fresh Fettuccine	1 pkt	1 pkt

Allergens

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

1. Sizzle



Courgette

Chicken Breast Strips



Baby Spinach Leaves

2. Boil



Fresh Fettuccine



Longlife Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder

3. Toss



Roasted Almonds



Basil Pesto



Chilli Flakes (optional)

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

- Once kettle is boiled, pour **water** into a saucepan over high heat. Season with **salt**
- Bring to the boil and cook **fettuccine** until al dente, **3 mins**. Drain
- Meanwhile, add **cream** (1/2 bottle for 2P / 1 bottle for 4P), **garlic paste**, **Parmesan** and **chicken stock** to the frying pan and cook until slightly thickened, **2-3 mins**

- Now, roughly chop **almonds**
- Add **fettuccine** and **pesto** to the frying pan and toss to coat
- Season with **pepper**
- Plate up chicken alfredo and fettuccine
- Garnish with **chilli flakes** (if using) and **almonds** to serve

