



# 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 5081kJ (1214Cal) | Protein 64.6g | Fat, total 59.9g - saturated 23.3g | Carbohydrate 94.3g - sugars 7.2g | Sodium 1670mg  
**Spicy** (optional chilli flakes) | The quantities provided above are averages only.

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2021 | WK24 | U



# 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
<b>Chicken Breast</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Fresh Fettuccine</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Grated Parmesan Cheese</b>	<b>1 pkt (30g)</b>	<b>1 pkt (60g)</b>
<b>Basil Pesto</b>	<b>1 pkt (50g)</b>	<b>1 pkt (100g)</b>

## Allergens

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



Leek



Chicken Breast



Baby Spinach Leaves

## 2. Boil



Fresh Fettuccine

## 3. Toss



Longlife Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder



Roasted Almonds



Basil Pesto



Chilli Flakes (Optional)

- Boil the kettle
- Thinly slice **leek**. Chop **chicken** into bite-sized chunks
- Heat **olive oil** in a frying pan over high heat
- Cook **leek** and **chicken**, tossing, until browned and cooked through, **5-6 mins**
- Add **spinach** and cook until wilted, **1 min**

- When kettle boils, pour **boiling 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

- Reduce frying pan to medium-low heat, then add **cream** (1/2 bottle for 2P / 1 bottle for 4P), **garlic paste**, **Parmesan** and **stock** and cook until slightly thickened, **2-3 mins**
- Roughly chop **almonds**
- Add **fettuccine** and **pesto** to pan and toss. Season with **pepper**
- Plate up **chicken fettuccine**
- Serve topped with **almonds** and **chilli flakes** (if using)

