



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: Energy 5044kJ (1206Cal) | Protein 67.9g | Fat, total 57.5g - saturated 22.6g | Carbohydrate 94.1g - sugars 7.3g | Sodium 1690mg
Spicy (optional chilli flakes) | The quantities provided above are averages only.

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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

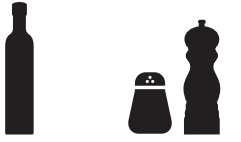
(along with the basics)



Large Frying Pan

Medium Saucepan

From the pantry



Olive Oil

Salt & Pepper

From the cool pouch

	2P	4P
Chicken Breast	1 pkt	1 pkt
Fresh Fettuccine	1 pkt	1 pkt
Grated Parmesan Cheese	1 pkt (30g)	1 pkt (60g)
Basil Pesto	1 pkt (50g)	1 pkt (100g)

Allergens

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



Salad 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**. Cut **chicken** into 2cm 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 **salad leaves** and cook until wilted, **1 min**

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

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

