



Chicken & Bacon Fettuccine Alfredo

with Almonds & Parmesan Cheese

FAST & FANCY

Grab your Meal Kit with this symbol



Leek



Roasted Almonds



Fresh Fettuccine



Diced Bacon



Diced Chicken



Baby Leaves



Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder



Basil Pesto



Chilli Flakes (Optional)

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early

It's one of our favourite pastas, a creamy chicken alfredo. It deserves the best treatment so break out the fancy plates and theatrical music for a pasta night that will take your breath away because the bacon and creamy sauce are a real treat for your taste buds.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| leek | 1 | 2 |
| roasted almonds | 1 packet | 2 packets |
| fresh fettuccine | 1 medium packet | 1 large packet |
| diced bacon | 1 medium packet | 2 medium packets OR 1 large packet |
| diced chicken | 1 medium packet | 2 medium packets OR 1 large packet |
| baby leaves | 1 medium packet | 1 large packet |
| cream | ½ packet | 1 packet |
| garlic paste | 1 small packet | 1 medium packet |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 large sachet | 2 large sachets |
| basil pesto | 1 medium packet | 1 large packet |
| chilli flakes (optional) | pinch | pinch |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|----------------|
| Energy (kJ) | 5457kJ (1304Cal) | 941kJ (225Cal) |
| Protein (g) | 75.8g | 13.1g |
| Fat, total (g) | 65.8g | 11.3g |
| - saturated (g) | 25.7g | 4.4g |
| Carbohydrate (g) | 93.3g | 16.1g |
| - sugars (g) | 8.1g | 1.4g |
| Sodium (mg) | 1859mg | 321mg |
| Dietary Fibre (g) | 3.7g | 0.6g |

The quantities provided above are averages only.

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



Get prepped

- Boil the kettle.
- Thinly slice **leek**. Roughly chop **roasted almonds**.
- Half-fill a medium saucepan with boiling water and a generous pinch of **salt**.
- Bring to the boil and cook **fresh fettuccine**, over high heat, until 'al dente', **3 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain.

3



Finish the sauce

- Reduce frying pan heat to medium. Cook **cream (see ingredients), garlic paste, grated Parmesan cheese, chicken-style stock powder** and a splash of **pasta water**, until slightly thickened, **2-3 minutes**.
- Add **cooked fettuccine** and **basil pesto** to pan and toss to coat. Season with **pepper**.

2



Start the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced bacon, chicken** and **leek**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **baby leaves**, and cook until wilted, **1 minute**.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Serve up

- Divide chicken and bacon alfredo fresh fettuccine between bowls.
- Garnish with almonds and a pinch of **chilli flakes** (if using). Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW19

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