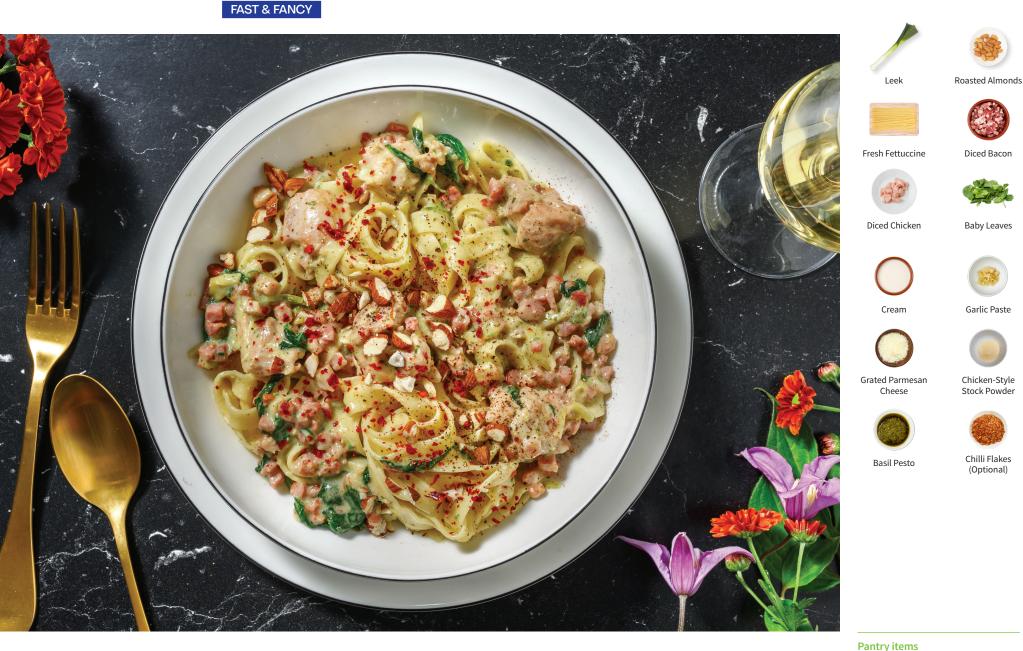


Chicken & Bacon Fettuccine Alfredo

with Almonds & Parmesan Cheese

Grab your Meal Kit with this symbol





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

1 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 theatmospheric 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.

AK

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

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	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.



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.



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.



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.



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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