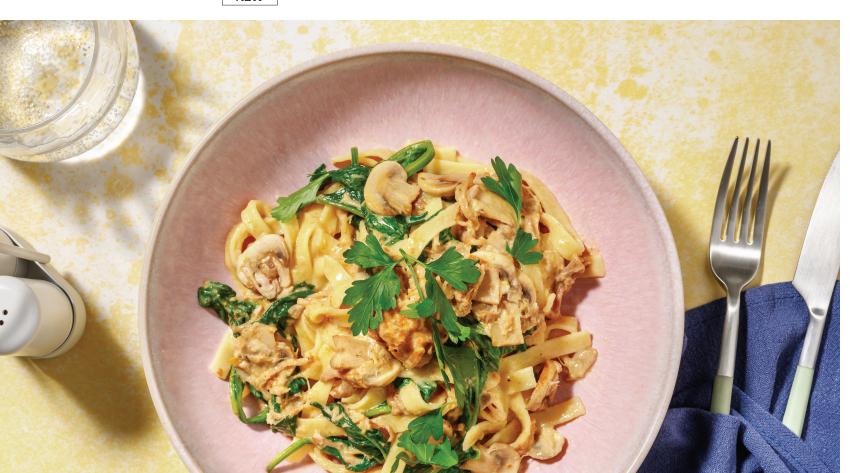
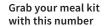


Quick Pulled Chicken & Mushroom Fettuccine with Baby Leaves & Parsley

NEW









Fettuccine

Button Mushrooms





Garlic & Herb Seasoning

Pulled Chicken





Chicken-Style Stock Powder







Baby Leaves

Parsley





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 packet	2 packets
button mushrooms	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
pulled chicken	1 medium packet	2 medium packets OR 1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (920cal)	428kJ (102cal)
Protein (g)	39.2g	4.4g
Fat, total (g)	50.1g	5.6g
- saturated (g)	31g	3.5g
Carbohydrate (g)	74.6g	8.3g
- sugars (g)	8.8g	1g
Sodium (mg)	1153mg	128.4mg
Dietary Fibre (g)	5.9g	0.7g

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.



Cook the fettuccine

- Boil the kettle. Pour boiled water into a large saucepan over high heat with a pinch of **salt**.
- Add **fettuccine** to the boiling water and cook until 'al dente', **9 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **fettuccine**, then return to saucepan.



Cook the mushrooms

- Meanwhile, thinly slice button mushrooms.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook mushrooms, stirring, until tender, 4-6 minutes.



Finish the sauce

- Add garlic & herb seasoning and cook until fragrant, 1 minute.
- Reduce heat to medium, add pulled chicken, chicken-style stock powder, cream (see ingredients) and reserved pasta water, and simmer, stirring, until slightly reduced, 2-3 minutes.
- Remove pan from heat, add fettuccine and baby leaves, and stir until slightly wilted. Season with pepper.



Serve up

- Divide quick pulled chicken and mushroom fettuccine between bowls.
- Tear over **parsley** to serve. Enjoy!





