

Chicken & Green Bean Fettuccine

with Chargrilled Capsicum Relish & Garlic Bread

PASTA PERFECTION

Grab your meal kit with this number

24



Green Beans



Garlic



Lemon



Wholemeal Panini



Diced Chicken



Fresh Fettuccine



Garlic & Herb Seasoning



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Mixed Salad Leaves

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

Presenting a few of our favourite things: juicy chicken, sweet and smoky capsicum relish and golden ropes of fettuccine! All of this deliciousness is tossed through with green beans, lemon and garlic for a bright and indulgent meal.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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 frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	30g	60g
green beans	1 small packet	1 medium packet
garlic	3 cloves	6 cloves
lemon	½	1
wholemeal panini	1	2
diced chicken	1 medium packet	2 medium packets OR 1 large packet
fresh fettuccine	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	1 large sachet	2 large sachets
chargrilled capsicum relish	1 large packet	2 large packets
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6427kJ (1536cal)	458kJ (109cal)
Protein (g)	68.5g	4.9g
Fat, total (g)	81.5g	5.8g
- saturated (g)	35.7g	2.5g
Carbohydrate (g)	120.5g	8.6g
- sugars (g)	14g	1g
Sodium (mg)	1889mg	134.6mg
Dietary Fibre (g)	7g	0.5g

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

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a small bowl, add the **butter** and allow to come to room temperature.
- Trim and halve **green beans**. Finely chop **garlic**. Zest **lemon** to get a pinch and slice into wedges.
- To the **butter**, add half the **garlic**. Season with **salt** and **pepper** and mash to combine.



• Cook the fettuccine

- Meanwhile, pour boiled water into a large saucepan with a pinch of **salt**.
- Cook **fettuccine** in the boiling water, over high heat until 'al dente', **3 minutes**. Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain and return to the saucepan.



Make the garlic bread

- Cut deep slices across **wholemeal panini**, taking care to not slice all the way through, at 1cm intervals.
- Push **garlic butter** into panini slices and wrap in foil.
- Place **panini** directly on wire oven racks and bake until heated through, **8-10 minutes**.



Finish the sauce

- To the chicken and green beans, add **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium-low, add **cream**, **chicken-style stock powder**, a generous squeeze of **lemon juice** and the reserved **pasta water**, and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add **cooked fettuccine**, **lemon zest** and **chargrilled capsicum relish**, and stir to combine. Season to taste.



Start the sauce

- Meanwhile, in large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **diced chicken** and **green beans**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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



Serve up

- Meanwhile, in a medium bowl, combine **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.
- Divide chicken and green bean fettuccine between bowls.
- Serve with mixed leaf salad, garlic bread and remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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