



# Chicken Alfredo & Fresh Fettuccine with Roasted Almonds

**FRESH & FAST**

Box to plate: 15 mins

Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 5088kJ (1216Cal) | Protein 66.2g | Fat, total 60g - saturated 23.3g | Carbohydrate 93.5g - sugars 6.4g | Sodium 1661mg  
**Spicy** (optional chilli flakes) | The quantities provided above are averages only.

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2021 | WK16 | U



# 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)



## From the pantry



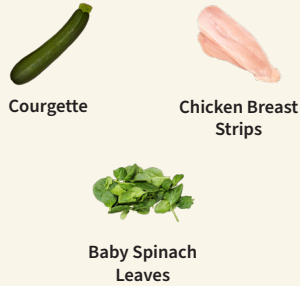
## From the cool pouch

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

## Allergens

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



- Boil a kettle of water
- Cut **courgette** and **chicken** into bite-sized chunks
- Heat **olive oil** in a frying pan over high heat
- Cook **courgette** and **chicken**, tossing, until cooked through, **3-4 mins**
- Add **spinach** and cook until wilted, **1 min**



## 2. Boil



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



## 3. Toss



- Reduce frying pan to medium-low heat. Add **cream** (1/2 bottle for 2P / 1 bottle for 4P), **garlic paste**, **Parmesan** and **chicken stock** to the chicken and cook until slightly thickened, **2-3 mins**
- Roughly chop **almonds**
- Add **fettuccine** and **pesto** to the frying pan. Toss to coat. Season with **pepper**
- Plate up **chicken pasta**
- Garnish with **almonds** and a pinch of **chilli flakes** (if using)

