



Red Pesto Chicken Alfredo & Fettuccine with Green Beans

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4853kJ (1160Cal) | Protein 66.5g | Fat, total 51.1g - saturated 21.5g | Carbohydrate 98.3g - sugars 9.6g | Sodium 2071mg
The quantities provided above are averages only.

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2023 | WK19 | 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
Chicken Breast	1 pkt	1 pkt
Fresh Fettuccine	1 pkt	1 pkt
Grated Parmesan Cheese	1 medium pkt	1 large pkt
Red Pesto	1 pkt (50g)	1 pkt (100g)

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. Sizzle



Chicken Breast



Green Beans



Garlic & Herb Seasoning



Baby Spinach Leaves

2. Boil



Fresh Fettuccine



Cream



Garlic Paste



Grated Parmesan Cheese



Chicken-Style Stock Powder

3. Toss



Roasted Almonds



Red Pesto

- Boil the kettle
- Cut **chicken breast** into 2cm chunks. Trim and halve **green beans**
- Heat **olive oil** in a frying pan over high heat
- Cook **green beans, chicken** and **seasoning**, tossing, until cooked through, **3-4 mins**
- Add **spinach** and cook until wilted, **1 min**

- Pour boiling water into a saucepan over high heat. Season generously with **salt**
- Bring to the boil, add **fettuccine** and cook until 'al dente', **3 mins**. Drain
- Reduce frying pan to medium-low heat, then add **cream** (1/2 bottle for 2P / 1 bottle for 4P), **garlic paste, Parmesan** and **chicken stock**. Cook until slightly thickened, **2-3 mins**

- Roughly chop **almonds**
- Add **pasta** and **pesto** to the frying pan and toss to coat. Season with **pepper**
- Plate up **chicken pasta**
- Top with **almonds** to serve



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