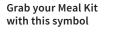


Slow-Cooked Chicken Fettuccine

with Parmesan, Walnuts & Pear Salad

READY TO COOK

CLIMATE SUPERSTAR









Slow-Cooked Chicken Breast





Chicken Stock

Seasoning





Fettuccine





Spinach, Rocket

Walnuts

& Fennel Mix



Parmesan Cheese

Prep in: 5-15 mins Ready in: 35-45 mins

We decided that a slow-cooked pasta dish shouldn't take you longer than four steps, so in as little as three, you can whip up this Italian winner without waiting too long. That means less cooking time, less cleanup time and more pasta time!



Pantry items

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

Large baking dish

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
slow-cooked chicken breast	1 medium packet	1 large packet	
passata	2 boxes	4 boxes	
chicken stock pot	1 packet (20g)	2 packets (40g)	
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet	
brown sugar*	½ tbs	1 tbs	
butter*	30g	60g	
pear	1	2	
fettuccine	1 packet	2 packets	
spinach, rocket & fennel mix	2 small bags	1 large bag	
vinegar*			
(white wine or balsamic)	drizzle	drizzle	
walnuts	1 medium packet	1 large packet	
Parmesan cheese	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Per Serving	Per 100g
4061kJ (971Cal)	674kJ (161Cal)
26.6g	4.4g
33.4g	5.5g
13.8g	2.3g
112.4g	18.7g
22.7g	3.8g
2356mg	391mg
	4061kJ (971Cal) 26.6g 33.4g 13.8g 112.4g 22.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the chicken

- Preheat oven to 240°C/220°C fan-forced.
- Drain **slow-cooked chicken breast**. Transfer to a baking dish, then roughly shred.
- Add passata, chicken stock pot, garlic & herb seasoning, the brown sugar, the butter and a splash of water. Stir to combine.
- Bake until sauce is slightly thickened, 8-10 minutes.



Cook the pasta & toss the salad

- Meanwhile, boil the kettle.
- Thinly slice **pear** into wedges.
- In a large heatproof bowl, add fettuccine, a pinch of salt and enough boiling water to cover the pasta. Cover and set aside until 'al dente', 5-8 minutes. Drain.
- Meanwhile, in a medium bowl, combine spinach, rocket & fennel mix, pear and a
 drizzle of the vinegar and olive oil. Season.



Serve up

- To the baking dish, add fettuccine. Toss to coat and season to taste.
- Sprinkle walnuts over pear salad.
- Divide slow-cooked chicken fettuccine and pear salad between plates.
- Top fettuccine with **Parmesan cheese** to serve. Enjoy!

Scan here if you have any questions or concerns





