



Slow-Cooked Chicken Fettuccine

with Parmesan, Walnuts & Pear Salad

READY TO COOK

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Slow-Cooked Chicken Breast



Passata



Chicken Stock Pot



Garlic & Herb Seasoning



Pear



Fettuccine



Spinach, Rocket & Fennel Mix



Walnuts



Parmesan Cheese

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

Eat Me Early

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balamic)

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

	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4061kJ (971Cal)	674kJ (161Cal)
Protein (g)	26.6g	4.4g
Fat, total (g)	33.4g	5.5g
- saturated (g)	13.8g	2.3g
Carbohydrate (g)	112.4g	18.7g
- sugars (g)	22.7g	3.8g
Sodium (mg)	2356mg	391mg

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.

1



2



3



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!

We're here to help!

Scan here if you have any questions or concerns



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