



# Creamy Chicken & Bacon Alfredo Fettuccine

with Parmesan Cheese

FAST & FANCY

KID FRIENDLY

Grab your Meal Kit with this symbol



Zucchini



Chicken Tenderloins



Diced Bacon



Egg Fettuccine



Garlic Paste



Light Cooking Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 15-25 mins

Eat Me Early

This comforting dish pairs tender chicken and bacon with a simple but stellar sauce. The light zucchini and sharp Parmesan are perfect for balancing out the richness of the dish.

### Pantry items

Olive Oil



## 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 frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
egg fettuccine	1 packet	2 packets
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4730kJ (1130Cal)	744kJ (177Cal)
Protein (g)	71.9g	11.3g
Fat, total (g)	51g	8g
- saturated (g)	17.4g	2.7g
Carbohydrate (g)	91.8g	14.4g
- sugars (g)	7.8g	1.2g
Sodium (mg)	1886mg	297mg

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

1



## Start the sauce

- Boil the kettle. Cut **zucchini** into bite-sized chunks. Cut **chicken tenderloins** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **diced bacon**, breaking up with a spoon, until slightly browned, **1-2 minutes**.
- Add **chicken** and **zucchini** and cook, tossing occasionally, until chicken is cooked through, **5-6 minutes**.

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

3



## Finish the pasta

- To pan with chicken, add **garlic paste**, cook until fragrant, **1 minute**.
- Stir in **light cooking cream**, **chicken-style stock powder** and the **reserved pasta water** and cook until slightly thickened, **2-3 minutes**.
- Add **cooked pasta**, **baby spinach leaves** and **basil pesto**, tossing to combine. Season with **pepper**.

2



## Cook the fettuccine

- Meanwhile, half-fill a medium saucepan with the boiling water and place over high heat.
- Cook **egg fettuccine** until 'al dente', **3 minutes**.
- Reserve some **pasta water** ( $\frac{1}{2}$  cup for 2 people /  $\frac{2}{3}$  cups for 4 people), drain and return **pasta** to saucepan.

4



## Serve up

- Divide creamy chicken and bacon alfredo fettuccine between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW44

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