

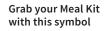
# Creamy Chicken & Bacon Alfredo Fettuccine

with Parmesan Cheese

FAST & FANCY

**CUSTOMER FAVOURITE** 

KID FRIENDLY









Zucchini

Chicken Tenderloins



Diced Bacon



Egg Fettuccine





Garlic Paste





Chicken Stock



**Baby Spinach** 



Basil Pesto



Parmesan Cheese

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



**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

3			
	2 People	4 People	
olive oil*	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 stock pot	1 packet (20g)	2 packets (40g)	
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 (178Cal)
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)	7.9g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Start the pasta

- · 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.



# Finish the pasta

- To the frying pan with chicken, add garlic paste and cook, until fragrant, 1 minute.
- Stir in light cooking cream, chicken stock pot 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.



#### Cook the fettuccine

- Meanwhile, half-fill a medium saucepan with the boiled water, then bring to the boil over high heat.
- Cook egg fettuccine in boiling water, until 'al denté', 3 minutes.
- Reserve some pasta water (1/3 cup for 2 people / 1/3 cup for 4 people), drain and return pasta to saucepan.



# Serve up

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