



Cheat's Chicken Alfredo Pappardelle Feast

with Herb Garlic Bread & Tomato-Rocket Salad

PASTA PERFECTION

NEW

Grab your Meal Kit with this symbol



Tomato



Garlic



Parsley



Fresh Lasagne Sheets



Chicken Breast



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Light Cooking Cream



Chicken Stock Pot



Parmesan Cheese



Rocket Leaves

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Dinnertime is sorted with this trifecta of detectable dishes that bring class and convenience to your table. Enjoy a rich and creamy pasta, crispy garlic bread and a refreshing, zingy salad in no time!

Pantry items

Olive Oil, Butter, Plain Flour, Milk, Vinegar (White Wine or Balsamic)

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
fresh lasagne sheets	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
bake-at-home ciabatta	1	2
butter*	40g	80g
plain flour*	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
milk*	¼ cup	½ cup
chicken stock pot	1 packet	2 packets
Parmesan cheese	1 large packet	2 large packets
rocket leaves	1 medium packet	2 medium packets
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4713kJ (1126Cal)	815kJ (195Cal)
Protein (g)	66.2g	11.5g
Fat, total (g)	55.1g	9.5g
- saturated (g)	27.5g	4.8g
Carbohydrate (g)	88.9g	15.4g
- sugars (g)	10.6g	1.8g
Sodium (mg)	1786mg	309mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Boil the kettle.
- Thinly slice **tomato** into rounds.
- Finely chop **garlic** and **parsley**.
- Cut **fresh lasagne sheets** into 2cm thick ribbons widthways.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.



Make the garlic bread

- While chicken is cooking, slice **bake-at-home ciabatta** in half lengthways, and toast or grill to your liking.
- In a small microwave-safe bowl, microwave half the **garlic** and half the **butter**, in **10 second** bursts, until melted and fragrant. Season with **salt** and **pepper**.
- Brush **garlic butter** evenly over toasted ciabatta.



Cook the cheat's pappardelle

- Half-fill a large saucepan with the boiling water, add a generous pinch of **salt** and place over high heat.
- Cook **lasagne ribbons** in the boiling water until 'al dente', **3-4 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **lasagne ribbons**, then return to saucepan with a drizzle of **olive oil**.



Make the alfredo

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil** and the remaining **butter**.
- Cook the **plain flour** and remaining **garlic** until fragrant and a thick paste forms, **1-2 minutes**.
- Stir in **light cooking cream**, the **milk** and **chicken stock pot**, and simmer until bubbling and slightly reduced, **1-2 minutes**.
- Add **cooked lasagne ribbons**, the **reserved pasta water**, **cooked chicken** and half the **Parmesan cheese**, tossing to coat, **1 minute**. Season with **pepper**.



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a bowl and set aside.

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



Serve up

- In a medium bowl, combine tomato, **rocket leaves** and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide cheat's chicken alfredo pappardelle between bowls. Sprinkle with remaining Parmesan cheese.
- Serve with garlic bread and tomato rocket salad. Sprinkle chopped parsley over garlic bread and pappardelle. Enjoy!

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