



# Quick Creamy Chicken & Tomato Fettuccine

with Parsley

NEW

KID FRIENDLY

Grab your meal kit with this number

12



**Recipe Update**  
We've replaced the spaghetti in this recipe with fettuccine due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Fettuccine



Garlic



Chicken Breast



Soffritto Mix



Tomato Paste



Nan's Special Seasoning



Thickened Cream



Chilli Flakes (Optional)



Parsley



Chicken Breast



Beef Mince

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

Eat Me First

Classic flavours made fast and easy just for you! With a rich, tomatoey sauce, hearty chicken and pre-prepped veggies to add goodness with minimal fuss, this meal takes the trophy for quick and flavourful in a flash!

### Pantry items

Olive Oil



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
fettuccine	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
thickened cream	1 medium packet	2 medium packets
chilli flakes (optional)	pinch	pinch
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	728kJ (174Cal)
Protein (g)	51.2g	11.6g
Fat, total (g)	26.1g	5.9g
- saturated (g)	11.9g	2.7g
Carbohydrate (g)	78g	17.7g
- sugars (g)	12.8g	2.9g
Sodium (mg)	927mg	210mg
Dietary Fibre (g)	9.1g	2.1g

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



## Cook the fettuccine

- Boil the kettle.
- Half-fill a large saucepan with boiling water then add a pinch of **salt**. Cook **fettuccine** in boiling water, stirring occasionally over high heat, until 'al dente', **9 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **fettuccine** and return to the saucepan with a drizzle of **olive oil**.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

3



## Make the sauce

- Reduce heat to medium, then add the **salt**, **thickened cream** and some **reserved pasta water**. Cook until slightly thickened, **1-2 minutes**.
- Stir through **cooked fettuccine** and season to taste.

**TIP:** Add remaining reserved pasta water if the sauce is looking too thick.

2



## Cook the chicken

- Meanwhile, finely chop **garlic**. Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **soffritto mix**, tossing occasionally, until chicken is browned and cooked through, **5-6 minutes**.
- Add **garlic**, **tomato paste** and **Nan's special seasoning**. Cook until fragrant, **1 minute**.

4



## Serve up

- Divide creamy chicken and tomato fettuccine between bowls.
- Sprinkle with **chilli flakes** (if using) and tear over **parsley** to serve. Enjoy!

**Little cooks:** Help tear over the parsley!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

