



Creamy Chicken & Bacon Alfredo Fettuccine

with Parmesan Cheese

FAST & FANCY

KID FRIENDLY

Grab your meal kit with this number

45



Zucchini



Chicken Tenderloins



Diced Bacon



Egg Fettuccine



Garlic Paste



Light Cooking Cream



Baby Spinach Leaves



Basil Pesto



Parmesan Cheese

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

Eat Me Early

This fun, fresh and fast meal is nothing short of fancy. This 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 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 frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	1 large packet
egg fettuccine	1 packet	2 packets
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 medium packet	1 large packet
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)	4734kJ (1131Cal)	745kJ (178Cal)
Protein (g)	71.9g	11.3g
Fat, total (g)	51g	8g
- saturated (g)	17.4g	2.7g
Carbohydrate (g)	92g	14.5g
- sugars (g)	7.9g	1.2g
Sodium (mg)	1886mg	297mg
Dietary Fibre (g)	5.1g	0.8g

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



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.

3



Finish the pasta

- To the frying pan with chicken, add **garlic paste** and cook, stirring until fragrant, **1 minute**.
- Stir in **light cooking cream**, the **salt** 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 boiled water, then bring to the boil over high heat.
- Cook **egg fettuccine** in boiling water, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ¾ cup 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



2024 | CW31

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