

Creamy Chicken & Leek Fettuccine

with Baby Spinach & Parmesan

HELLOHERO

KID FRIENDLY

Grab your meal kit
with this number

13



Chicken Breast



Leek



Fettuccine



Garlic & Herb
Seasoning



Aussie Spice
Blend



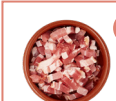
Light Cooking
Cream



Baby Spinach
Leaves



Parmesan Cheese



Diced
Bacon



Chicken
Breast

Recipe Update

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

Prep in: **10-20 mins**
Ready in: **25-35 mins**

 Eat Me Early

Once you realise how quickly you can make a creamy pasta sauce from scratch, you'll never use the jarred stuff again. In this weeknight winner, the herby chicken, tender spinach and 'al dente' pasta happily soak up the garlic and herb-laced sauce, which gets an extra boost of flavour from our signature Aussie spice blend.

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
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
leek	1	2
fettuccine	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	1 large packet	2 large packets
baby spinach leaves	1 large packet	2 large packets
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3819kJ (913cal)	361kJ (86cal)
Protein (g)	58.2g	5.5g
Fat, total (g)	39.8g	3.8g
- saturated (g)	20.6g	1.9g
Carbohydrate (g)	77.9g	7.4g
- sugars (g)	12g	1.1g
Sodium (mg)	1136mg	107.5mg
Dietary Fibre (g)	7.8g	0.7g

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



Get prepped

- Bring a large saucepan of salted water to the boil.
- Cut **chicken breast** into 2cm chunks.
- Thinly slice **leek**.

3



Cook the chicken & creamy sauce

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **leek**, tossing occasionally, until chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add **garlic & herb seasoning** and **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **light cooking cream**, **baby spinach leaves** and **cooked fettuccine** to the pan. Cook, stirring, until cream is warmed through and spinach is just wilted, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Remove pan from heat.

TIP: Add some reserved pasta water to the pan if the sauce looks too thick!

CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



Cook the pasta

- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain **fettuccine** and return to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



Serve up

- Divide creamy chicken and leek fettuccine between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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

