

# Cheat's Chicken Alfredo Pappardelle

with Gourmet Garden Parsley Garlic Bread

PASTA PERFECTION

Grab your meal kit with this number

38



Tomato



Garlic



Fresh Lasagne Sheets



Chicken Breast



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Light Cooking Cream



Herb & Mushroom Seasoning



Chicken Stock Pot



Spinach & Rocket Mix



Truffle Oil



Parmesan Cheese



Lightly Dried Parsley

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

Eat Me Early

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Elevate your serving of creamy chicken pasta and crispy garlic bread even further with a generous scattering of this stellar herb!

### Pantry items

Olive Oil, Butter, Plain Flour, Milk, Balsamic Vinegar

## Before you start

Wash hands and fresh veggies.

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
tomato	1	2
garlic	3 cloves	6 cloves
fresh lasagne sheets	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
bake-at-home ciabatta	1	2
<b>butter*</b>	40g	80g
<b>plain flour*</b>	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
<b>milk*</b>	¼ cup	½ cup
herb & mushroom seasoning	1 sachet	2 sachets
chicken stock pot	½ packet	1 packet
spinach & rocket mix	½ medium packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle
truffle oil	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
lightly dried parsley	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5219kJ (1247Cal)	836kJ (199Cal)
Protein (g)	66.6g	10.7g
Fat, total (g)	53.5g	8.6g
- saturated (g)	25.2g	4g
Carbohydrate (g)	120.4g	19.3g
- sugars (g)	12.3g	2g
Sodium (mg)	2601mg	416mg
Dietary Fibre (g)	11.2g	1.8g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW41



## Get prepped

- Boil the kettle.
- Thinly slice **tomato** into rounds.
- Finely chop **garlic**.
- 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, then 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 'cheats' pappardelle

- Half-fill a large saucepan with the boiling water and add a generous pinch of **salt** 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**.

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



## Make the alfredo

- Wipe out frying pan, then 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**, **herb & mushroom seasoning** and **chicken stock pot** (see ingredients), then simmer until bubbling and slightly reduced, **1-2 minutes**.
- Add **cooked lasagne ribbons**, the **reserved pasta water** and **cooked chicken**, 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, **spinach & rocket mix** and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide cheat's chicken alfredo pappardelle between bowls. Drizzle with **truffle oil** (see ingredients). Sprinkle with **Parmesan cheese**.
- Serve with garlic bread and tomato rocket salad.
- Sprinkle **Gourmet Garden lightly dried parsley** (see ingredients) over garlic bread and pappardelle to serve. Enjoy!

## Rate your recipe

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