

Cheat's Chicken Alfredo Pappardelle

with Herby Garlic Bread & Side Salad

PASTA PERFECTION

Grab your meal kit with this number

34



Tomato



Garlic



Parsley



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

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 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
tomato	1	2
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
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
butter*	40g	80g
plain flour*	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
milk*	¼ cup	½ cup
herb & mushroom seasoning	1 sachet	2 sachets
chicken stock pot	½ medium packet	1 medium packet
spinach & rocket mix	½ medium packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
truffle oil	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5166kJ (1235cal)	829kJ (133cal)
Protein (g)	65.2g	10.5g
Fat, total (g)	53.4g	8.6g
- saturated (g)	25.2g	4g
Carbohydrate (g)	118.9g	19.1g
- sugars (g)	11.9g	1.9g
Sodium (mg)	2343mg	376.1mg
Dietary Fibre (g)	11.6g	1.9g

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



2025 | CW04



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 the 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 cheat's pappardelle

- Half-fill a large saucepan with boiling water and add a generous pinch of **salt** over high heat.
- Cook **lasagne ribbons** in 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 the 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 the 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) and 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, heat a large frying pan over high heat with a drizzle of **olive oil**.
- 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.



Finish & serve

- In a second medium bowl, combine tomato, **spinach & rocket mix** (see ingredients) and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide cheat's chicken alfredo pappardelle between bowls. Drizzle with **truffle oil**. Sprinkle over **Parmesan cheese**.
- Serve with garlic bread and side salad.
- Sprinkle parsley over garlic bread and pappardelle to serve. Enjoy!

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