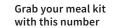


Cheat's Chicken Alfredo Pappardelle

with Herby Garlic Bread & Side Salad

PASTA PERFECTION

















Parsley





Chicken Breast



Garlic & Herb

Seasoning



Bake-At-Home



Light Cooking

Cream

Chicken Stock

Ciabatta



Herb & Mushroom



Seasoning



Spinach & Rocket



Truffle Oil



Parmesan Cheese



Olive Oil, Butter, Plain Flour, Milk, Vinegar (White Wine or Balsamic)

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



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*	1/4 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.



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.



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.



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.



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.



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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