



Cheesy Tortellini Alfredo

with Broccoli and Parmesan

Veggie

20 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breast
Tenders +
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Cheese Tortellini
350 g | 700 g



Broccoli
227 g | 454 g



Shallot
1 | 2



Garlic, cloves
3 | 6



Cream
113 ml | 237 ml



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Parmesan
Cheese, shredded
¼ cup | ½ cup



Cream Cheese
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons

1



Boil water

• Before starting, wash and dry all produce.

- Add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

2



Prep

- Meanwhile, peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.

3



Cook shallots and garlic

+ Add | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then swirl to melt.
- Add **shallots** and **garlic**. Season with **salt** and **pepper**. Cook, stirring often, until tender and fragrant, 3-4 min.

4



Cook tortellini and broccoli

+ Add | **Shrimp**

- Meanwhile, add **tortellini** to the **boiling water**. Cook for 1 min.
- Add **broccoli** to the pot with **tortellini**. Cook, stirring occasionally, until **tortellini** and **broccoli** are tender, 2-3 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain well.

5



Make sauce

+ Add | **Shrimp**

- Sprinkle **Cream Sauce Spice Blend** over **shallots** and **garlic**. Stir to coat.
- Add **cream**, **cream cheese** and **½ cup** (¾ cup) **water**. Bring to a simmer.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **tortellini**, **broccoli**, **half the Parmesan** and **half the reserved pasta water** to the pan with **sauce**. (**NOTE:** For 4 ppl, combine ingredients in the large pot!)
- Season with **pepper**, then toss to coat. (**TIP:** For a lighter sauce, add more reserved pasta water, 1-2 tbsp at a time!)
- Divide **tortellini** and **broccoli alfredo** between bowls.
- Sprinkle **remaining Parmesan** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook chicken and shallots

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate and cover to keep warm. Use the same pan to cook the **shallots**.

4 | Prep shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

5 | Cook shrimp

+ Add | **Shrimp**

When the **sauce mixture** has come to a simmer, add **shrimp**. Cook, stirring occasionally, until **sauce** thickens slightly and **shrimp** just turn pink, 3-4 min.** Remove from heat. Proceed with remaining recipe as written.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top **tortellini** with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.