



Creamy Mushroom Alfredo

with Linguine and Spinach

Veggie

30 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](http://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4

+ Add



Shrimp
285 g | 570 g



Linguine
170 g | 340 g



Mushrooms
227 g | 454 g



Cream
237 ml | 474 ml



Shallot
1 | 2



Baby Spinach
56 g | 113 g



Garlic Salt
1 tsp | 2 tsp



Cream Cheese
2 | 4



Chili Flakes
1 tsp | 1 tsp



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Soy Sauce
1 tbsp | 2 tbsp

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 | Pepper, unsalted butter

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

1



Cook linguine

- Before starting, 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.
- Wash and dry all produce.

- Once **water** is boiling, add **linguine**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **linguine** to the same pot, off heat.

4



Make mushroom Alfredo sauce

- Reduce heat to medium.
- Stir **cream cheese** into **mushroom-shallot mixture**. Cook, stirring often, until **cream cheese** melts, 1-2 min.
- Add **cream**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Add **spinach**. Stir until wilted, 1-2 min.

2



Prep

+ Add | Chicken Breasts

+ Add | Shrimp

- Meanwhile, peel, then finely chop **shallot**.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.

5



Assemble pasta

+ Add | Shrimp

- Pour **mushroom Alfredo sauce** into the pot with **linguine**, then toss to combine.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until softened, 2-3 min.
- Add **mushrooms** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **garlic salt**. Cook, stirring occasionally, until **mushrooms** begin to soften, 2-3 min.
- Add **soy sauce**. Cook, stirring often, until **mushrooms** are tender, 2-3 min. Season with **pepper**.

6



Finish and serve

+ Add | Chicken Breast

- Divide **mushroom Alfredo linguine** between bowls.
- Sprinkle with **Parmesan**.
- Sprinkle **chili flakes** over top, if desired.

Measurements
within steps

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

2 | Prep and cook chicken

+ Add | Chicken Breast

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a plate and cover to keep warm. Reuse the same pan to cook **veggies** in step 3.

2 | Prep and cook shrimp

+ Add | Shrimp

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate. Reuse the same pan to cook **veggies** in step 3.

5 | Assemble pasta

+ Add | Shrimp

Add **shrimp** to the pot with **linguine** along with **mushroom Alfredo sauce**. Toss to combine.

6 | Finish and serve

+ Add | Chicken Breast

Thinly slice **chicken**. Top **linguine** 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.