



Creamy Chicken Linguine

with Spinach and Peas

Family Friendly

Fresh Pasta

20-30 Minutes



Chicken Breasts ⁺
2 | 4



Fresh Linguine
227 g | 454 g



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



Garlic, cloves
2 | 4



Cream
113 ml | 237 ml



Parmesan Cheese, shredded
¼ cup | ½ cup



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2



Cream Cheese
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp



Mushrooms
113 g | 227 g

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 | Colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels

Measurements
within steps

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

1



Prep mushrooms and chicken

- Before starting, wash and dry all produce.
- Add **10 cups warm water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels. Cut **chicken** into 1-inch pieces. Season with **salt, pepper** and **half the Zesty Garlic Blend**.

2



Cook chicken

- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp (2 tbsp) butter**, then swirl the pan until melted, 1 min.
- Add **chicken** and **mushrooms**. Cook until golden-brown, 2-3 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step!)

3



Make Alfredo sauce

- Add **garlic** and **Cream Sauce Spice Blend** to the pan with **chicken and mushrooms**. Cook, stirring often, until **chicken** is coated, 30 sec.
- Add **peas, cream cheese, broth concentrate, cream, remaining Zesty Garlic Blend** and $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **water**. Bring to a gentle boil.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 6-8 min.**

4



Cook linguine

- Meanwhile, add **linguine** to **boiling water**. Cook, stirring occasionally, until tender, 3-4 min.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **pasta water**, then drain and return **linguine** to same pot, off heat.

5



Finish Alfredo

- Add **Alfredo sauce** with **chicken and veggies, spinach, reserved pasta water** and **half the Parmesan** to the pot with **linguine**.
- Toss to combine until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **chicken linguine** between plates.
- Sprinkle **remaining Parmesan** over top.

* 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.



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