

Creamy Mushroom Alfredo

with Linguine and Spinach

Veggie

Optional Spice

30 Minutes



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Linguine





Mushrooms







Baby Spinach

Shallot





Garlic Salt



Chili Flakes



Cream Cheese

Parmesan Cheese, shredded





HELLO CREAM CHEESE

Start here

- 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.
- If you opted to add chicken breasts, Before starting, preheat the oven to 425° F.

Measurements	1 tbsp	(2 tbsp)	oil
within steps	2 person	4 person	Ingredient

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

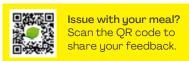
	2 Person	4 Person
Linguine	170 g	340 g
Chicken Breasts	2	4
Mushrooms	227 g	454 g
Cream	237 ml	474 ml
Shallot	1	2
Baby Spinach	56 g	113 g
Garlic Salt	½ tsp	1 tsp
Cream Cheese	1	2
Chili Flakes 🥒	1 tsp	1 tsp
Parmesan Cheese, shredded	1/4 cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Cook linguine

- 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.



Prep

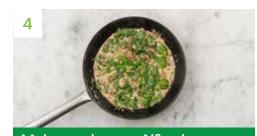
- Meanwhile, peel, then finely chop **shallot**.
- · Thinly slice mushrooms.
- Roughly chop spinach.

If you've opted to add **chicken breasts**, while **linguine** cooks, pat **chicken** 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**. (NOTE: Don't overcrowd the pan; cook **chicken** in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer to an unlined baking sheet. Bake in the middle of the oven until **chicken** is cooked through, 12-14 min.**



Cook veggies

- Heat a large non-stick pan over mediumhigh 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 ¼ tsp (½ 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**.



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.
- Season with 1/4 tsp (1/2 tsp) garlic salt and pepper.



Assemble pasta

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



Finish and serve

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

Thinly slice **chicken**. Top **mushroom linguine** with **chicken**.

Dinner Solved!