



# Creamy Mushroom Alfredo

with Linguine and Spinach

Veggie

Optional Spice

30 Minutes

+ Add



Chicken Tenders +  
310 g | 620 g

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)



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  
½ tsp | 1 tsp



Cream Cheese  
1 | 2



Chili Flakes  
1 tsp | 1 tsp



Parmesan Cheese, shredded  
¼ cup | ½ 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 | Unsalted butter, salt, pepper

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

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.

2



## Prep

- + Add | **Chicken Tenders**
- Meanwhile, peel, then finely chop **shallot**.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.

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**.

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.
- Season with  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) **garlic salt** and **pepper**.

5



## Assemble pasta

- + Add | **Chicken Tenders**
- Pour **sauce** into the pot with **linguine**, then toss to combine.

6



## Finish and serve

- Divide **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 | Cook chicken

+ Add | **Chicken Tenders**

If you've opted to add **chicken tenders**, 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**. Cook, stirring occasionally, until golden-brown and cooked through, 4-6 min.\*\* Transfer to a plate.

5 | Assemble pasta

+ Add | **Chicken Tenders**

Add **chicken**, along with **any juices** from the plate, to the pot with **linguine**.

\* 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.



Issue with your meal? Scan the QR code to share your feedback.