

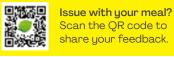
# Garlicky Chicken Alfredo

with Spinach and Peas

Family Friendly

Quick

25 Minutes







Chicken Breasts





Fresh Linguine





Green Peas





Baby Spinach





Cream



Parmesan Cheese, shredded

Chicken Broth Concentrate



Cream Sauce Spice





Cream Cheese



Zesty Garlic Blend



Mushrooms



This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

# Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), within steps

4 person

oil Ingredient

#### **Bust out**

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

# Ingredients

| 9                            |          |          |
|------------------------------|----------|----------|
|                              | 2 Person | 4 Person |
| Chicken Breasts •            | 2        | 4        |
| Double Chicken Breasts •     | 4        | 8        |
| 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,<br>shredded | ⅓ cup    | ½ cup    |
| Cream Sauce Spice Blend      | 1 tbsp   | 2 tbsp   |
| Chicken Broth<br>Concentrate | 1        | 2        |
| Cream Cheese                 | 1        | 2        |
| Zesty Garlic Blend           | 1 tbsp   | 2 tbsp   |
| Mushrooms                    | 113 g    | 227 g    |
| 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.





#### Prep mushrooms and chicken

- 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.



• Heat a large non-stick pan over mediumhigh 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!)

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of chicken. Work in batches, if necessary.



- 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 ¼ cup (½ 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.\*\*



#### Cook linguine

- Meanwhile, add linguine to boiling water. Cook, stirring occasionally, until tender, 3-4 min.
- Reserve ¼ cup (½ cup) pasta water, then drain and return linguine to same pot, off heat.



## Finish Alfredo

- Add Alfredo sauce with chicken and mushrooms, 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.



#### Finish and serve

- Divide Alfredo between plates.
- Sprinkle remaining Parmesan over top.

**Dinner Solved!**