



Garlicky Chicken Alfredo

with Spinach and Peas

Family Friendly

Quick

25 Minutes



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CUSTOM RECIPE

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!



Chicken Breasts



Double Chicken Breasts



Fresh Linguine



Green Peas



Baby Spinach



Garlic, cloves



Cream



Parmesan Cheese, shredded



Cream Sauce Spice Blend



Chicken Broth Concentrate



Cream Cheese



Zesty Garlic Blend



Mushrooms

HELLO ZESTY GARLIC BLEND

Our blend of hearty herbs and zesty garlic!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	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, 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
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.

1



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**.

4



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.

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!)

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.

5



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.

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 **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. **

6



Finish and serve

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

Dinner Solved!



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