



Garlicky Chicken Alfredo

with Spinach and Peas

Family Friendly

Quick

25 Minutes



Chicken Thighs



Linguine



Green Peas



Baby Spinach



Garlic, cloves



Cream Cheese



Italian Seasoning



Cream



Parmesan Cheese, shredded



Cream Sauce Spice Blend



Chicken Broth Concentrate

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Thighs ♦ | 4 | 8 |
| Linguine | 170 g | 340 g |
| Green Peas | 113 g | 227 g |
| Baby Spinach | 56 g | 113 g |
| Garlic, cloves | 2 | 4 |
| Cream Cheese | 43 g | 86 g |
| Italian Seasoning | 1 tbsp | 2 tbsp |
| 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 |
| 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.

Contact

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Cook linguine

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. Break **linguine** in half, then add to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **linguine** to same pot, off heat.



Make Alfredo sauce

Peel, then mince or grate **garlic**. Add **garlic**, **Cream Sauce Spice Blend** and **Italian Seasoning** to the pan with **chicken**. Cook, stirring often, until **chicken** is coated and **aromatics** are fragrant, 30 sec. Add **peas**, **broth concentrate**, **cream**, **cream cheese** and **¼ cup water** (dbl for 4 ppl). Bring to a gentle boil. Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-6 min. **



Season chicken

While **linguine** cooks, pat **chicken** dry with paper towels. Cut **chicken** into 1-inch pieces. Season with **salt** and **pepper**.



Finish Alfredo

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



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min. Add **chicken**. 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!)



Finish and serve

Divide **garlicky chicken alfredo** between plates. Sprinkle **remaining Parmesan** over top.

Dinner Solved!