



# Ultimate Chicken and Bacon Linguine Alfredo

with Peas, Parmigiano Reggiano and Rocket Salad

Ultimate 25-30 Minutes

36



Garlic Clove

Linguine



Diced Chicken Breast



Bacon Lardons



Creme Fraiche



Chicken Stock Paste



Peas



Parmigiano Reggiano



Rocket



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, colander and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	1	2
Linguine <b>13)</b>	180g	270g	360g
Diced Chicken Breast**	260g	390g	520g
Bacon Lardons**	60g	90g	120g
Creme Fraiche** <b>7)</b>	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Parmigiano Reggiano** <b>7)</b>	20g	30g	40g
Rocket**	20g	40g	40g
Balsamic Glaze <b>14)</b>	12ml	12ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	125ml	150ml
Butter*	10g	15g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3903 /933	924 /221
Fat (g)	41.6	9.8
Sat. Fat (g)	22.5	5.3
Carbohydrate (g)	80.2	19.0
Sugars (g)	12.3	2.9
Protein (g)	57.8	13.7
Salt (g)	2.30	0.54

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Pasta

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **linguine**. Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Simmer Time

Bring the **sauce** to a boil, then turn the heat down and simmer until thickened slightly, 3-4 mins.  
**IMPORTANT:** *The chicken is cooked when no longer pink in the middle. Cook lardons thoroughly.*



## Get Frying

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** and season with **salt** and **pepper**. Stir-fry until browned all over, 5-6 mins.

Add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat and its packaging.*



## Combine and Stir

Stir the **cooked pasta**, **peas**, **butter** (see pantry for amount) and **half the Parmigiano Reggiano** into the **sauce**. Cook until the **peas** are piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick, then remove from the heat.



## Make your Alfredo Sauce

Add the **garlic** to the pan and stir-fry until fragrant, 30 secs.

Pour in the **creme fraiche**, **chicken stock paste** and **water for the sauce** (see pantry for amount), stirring to combine.



## Serve

Share your **ultimate creamy linguine alfredo** between your bowls and sprinkle over the remaining **Parmigiano Reggiano**.

Serve the **rocket** on the side with a drizzle of the **balsamic glaze** to finish.

Enjoy!