



# Ultimate Creamy Chicken Linguine Alfredo

with Bacon Lardons, Peas and Parmesan

35

Ultimate 35 Minutes



-  Garlic Clove
-  Linguine
-  Diced Chicken Breast
-  Bacon Lardons
-  Double Cream
-  Peas
-  Grated Hard Italian Style Cheese
-  Unsalted Butter
-  Parmesan Cheese
-  Rocket
-  Balsamic Glaze

## Before you start

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

## Cooking tools

Saucepan, garlic press, colander, frying pan and bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	1	1	2
Linguine <b>13</b> )	180g	270g	360g
Diced Chicken Breast**	280g	420g	560g
Bacon Lardons**	60g	90g	120g
Double Cream** <b>7</b> )	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g
Unsalted Butter**	10g	15g	20g
Parmesan Cheese** <b>7</b> )	20g	30g	40g
Rocket**	20g	40g	60g
Balsamic Glaze <b>14</b> )	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	125ml	150ml

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>450g</b>	<b>100g</b>
Energy (kJ/kcal)	4608 /1101	1024 /245
Fat (g)	59	13
Sat. Fat (g)	34	7
Carbohydrate (g)	77	17
Sugars (g)	11	3
Protein (g)	65	15
Salt (g)	1.67	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) 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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## Start the Prep

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



## Cook the Pasta

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.



## Fry the Chicken

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. Once cooked, transfer the **chicken** to a bowl. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## Make the Sauce

Pop the (now empty) frying pan back on medium-high heat. Add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **lardons thoroughly**. Add the **garlic** and cook for 1 min. Pour in the **double cream** and **water for the sauce** (see ingredients for amount). Add the **cooked chicken** and bring to a boil, then turn the heat down and simmer until the **sauce** has thickened slightly, 3-4 mins. Season to taste with **salt** and **pepper**.



## Finish Off

Stir the **cooked pasta**, **peas**, **hard Italian style cheese** and **butter** (see ingredients for amount) into the **sauce** until combined and the **peas** are piping hot, 1-2 mins.



## Serve

Share the **ultimate creamy chicken linguine alfredo** between your bowls. Top with a sprinkle of **parmesan**. Serve the **rocket** on the side with a drizzle of **balsamic glaze**.

## Enjoy!