

Creamy Chicken Linguine Alfredo

with Broccoli

hellóchef

Probably more American than Italian – but definitely delicious!

Cals 972 • Prot 68 • Carbs 105 • Fat 32

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R3121



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Linguine Alfredo	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Linguine 10* , 11*	250	375	500	Grams
Garlic cloves	2	3	4	Piece
Fresh parsley	15	15	15	Grams
Butter 4*	10	20	20	Grams
Cooking cream 4*	100	200	200	ML
Chicken stock cube 4* , 5* , 9* , 15*	1	1	2	Piece
Water	200	250	400	ML
Black pepper	1	1	2	Tsp
Grated Parmesan 4*	60	90	120	Grams
To serve				
Broccoli	200	300	400	Grams

Allergens

***10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	4051 / 972
Fat (g)	31.6
of which saturates (g)	12.5
Carbohydrate (g)	105
of which sugars (g)	5.9
Fiber (g)	9.6
Protein (g)	68.2
Salt (g)	3.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Transfer the **chicken** to a plate and reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready.



2 Cook pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking. Reserve a cup of **pasta water** and drain.



3 Prep

Meanwhile, peel and mince (or grate!) the **garlic cloves**. Finely chop the **parsley** leaves.



4 Make sauce

Return the reserved pan to a medium heat with a drizzle of **oil**. Once hot, add the **butter** and **garlic** and fry for 1 min. Add the **cream**, **chicken stock cube** and **measured water** and simmer for 3-4 min until thickened. Season with **salt** and **pepper**.



5 Cook broccoli

Meanwhile, bring a pot of water to the boil. Separate the **broccoli** into small florets. Cook it in lightly salted boiling water for 3-4 min or until tender. Drain once cooked.



6 Serve

Add the **grated Parmesan**, **parsley** and the drained **linguine** to the **pasta sauce** with a splash of reserved **pasta water** as needed. Toss and cook for 1 final min. Slice the **chicken**. Divide the **pasta** between bowls and top with the sliced **chicken**. Serve the **broccoli** on the side.

Tip! The reserved pasta water helps not only to season the dish as it's salty, but the starch in it helps the creamy sauce to stick to the pasta.