



# Garlicky Chicken Alfredo

with Spinach and Snap Peas

Family Friendly

25 Minutes



Chicken Thighs



Linguine



Baby Spinach



Cream Cheese



Italian Seasoning



Cream



Parmesan Cheese, shredded



Garlic



Sugar Snap Peas



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
Baby Spinach	56 g	113 g
Cream Cheese	43 g	86 g
Italian Seasoning	1 tbsp	2 tbsp
Cream	56 g	113 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic	6 g	12 g
Sugar Snap Peas	113 g	227 g
Chicken Broth Concentrate	1	2
Oil*		
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Prep

Add **10 cups water** and **2 tsp** salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, trim, then halve **snap peas**. Peel, then mince or grate **garlic**.

2



## Cook linguine

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 the pot, off heat.

3



## Season chicken

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

4



## Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 5-6 min.\*\*

5



## Make sauce

Add **garlic** and **remaining Italian Seasoning** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec. Reduce heat to medium-low, then add **snap peas**, **broth concentrate**, **cream** and **cream cheese**. Simmer, stirring occasionally, until **sauce** is slightly thickened and **snap peas** are tender-crisp, 2-3 min. Add **spinach**, then season with **salt** and **pepper**. Stir until wilted, 1-2 min.

6



## Finish and serve

Add **chicken and veggies sauce**, **reserved pasta water** and **half the Parmesan** to the large pot with **linguine**, then toss to coat. Divide **garlicky chicken alfredo** between bowls. Sprinkle **remaining Parmesan** over top.

## Dinner Solved!