

# Creamy Chicken Alfredo Pasta



**Ready in 30 minutes**

**SIMPLY  
DINNER**

**FEEDS 4**

– RECIPE BY –

**annabel  
langbein™**

## What's in the kit

- Annabel's Go To Creamy Onion and Garlic Sauce
- Chicken breast
- Lemon
- Penne pasta
- Spinach

## What else you need

- Milk
- Salt and pepper
- Water

## Optional extras

- Parmesan
- Spring onions

*Dinner's  
in the Bag!*

NET WEIGHT 1300 g



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# Creamy Chicken Alfredo Pasta



Serves 4



Ready in 30 minutes

## Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

water

400g chicken breast

3 cups penne pasta

350g Annabel's Go To Creamy Onion & Garlic Sauce

½ cup milk

120g spinach

1 lemon

salt and pepper

## Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Bring a large pot of salted water to the boil.
2. Cut chicken into bite-size pieces (2-4cm). Put chicken to one side. If using pre-diced chicken you will not need to cut it up.
3. Measure 3 cups pasta from the packet. Add pasta to the boiling water and stir to prevent sticking. Cook uncovered for 1 minute less than the packet instructions. Once cooked drain into a colander and rinse with cold water.
4. While pasta cooks, place Annabel's Go To Creamy Onion & Garlic Sauce in a pot along with ½ a cup of milk and bring to a boil.
5. Add diced chicken to boiling sauce. Stir to ensure it is fully submerged. Cover pot, reduce heat and simmer until chicken is cooked through, 6-8 minutes.
6. Stir spinach into sauce until wilted. Add drained pasta and stir to combine and fully heat through.
7. Add a little milk as desired to get the sauce to the creamy consistency you like. Check seasoning and adjust to taste with salt and pepper.

## To Serve

Divide pasta and sauce between 4 bowls and squeeze over lemon juice. Enjoy!

## Optional

Garnish with spring onion and parmesan, if using.

### NUTRITION INFORMATION

Servings per package: 4

Serving size: 325 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2640 kJ	812 kJ
Protein	34.3 g	10.6 g
Fat, total	21.9 g	6.7 g
- saturated	4.5 g	1.4 g
Carbohydrate	70.1 g	21.6 g
- sugars	6.5 g	2.0 g
Sodium	543 mg	167 mg

**Ingredients:** Chicken (31%), Annabel's Go To Creamy Onion and Garlic Sauce (27%) [Onion, water, canola oil, cream (milk), thickener (E442), crushed garlic, sugar, salt, yeast extract, lemon juice concentrate, black pepper, emulsifier (E433)], Penne Pasta (27%) [Durum wheat semolina (27%)], Spinach, Lemon.

**Contains Milk, Wheat, Gluten**

May contain Egg, Sesame, Tree Nuts, Fish, Soy, Peanuts, Crustacea

**NUTRITION INFORMATION** refers to the packaged meal and **Net Weight** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

**Directions for use and storage conditions:** Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

**Marketed by:** Foodstuffs North Island Ltd.  
35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

