



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down, and firmly slide the leaves down.



Thyme Chicken with Alfredo Pasta

Grilled chicken schnitzels sliced and served on creamy Alfredo fettuccine with mushrooms and thyme.

For the little ones!

You can add some grated parmesan to the sauce for a cheesy flavour. Cut the pasta into shorter lengths to make it easier for little ones to eat!



30 minutes



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	20g	69g

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	500g
BROWN ONION	1	1
SLICED MUSHROOMS	200g	2 x 200g
GARLIC CLOVE	1	2
THYME	1 packet	1 packet
SOUR CREAM	1 tub	2 tubs
CHICKEN SCHNITZELS	600g	600g + 300g
BABY SPINACH	120g	200g

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

2 large frypans, saucepan

NOTES

Add remaining reserved cooking water to loosen the sauce if needed.

No gluten option - pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions. Reserve **1 cup cooking water** before draining pasta.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil** or **butter**. Dice and add **onion**. Cook for 5 minutes. Add **mushrooms**, **crushed garlic** and **1/2 packet thyme leaves**. Cook until softened.



3. SIMMER THE SAUCE

Stir in **1 crumbled stock cube**, **sour cream** and **1 tub water**. Simmer for 3 minutes. Reduce pan heat to low.

6P - increase to **1 1/2 stock cube** if required.



4. COOK THE CHICKEN

Coat **chicken** with **1-2 tbsp thyme leaves**, **oil**, **salt** and **pepper**. Heat a second frypan over medium-high heat. Cook in pan for 4-5 minutes each side or until golden.



5. TOSS THE PASTA

Stir **spinach** into sauce until wilted (chop first if desired). Toss in **cooked pasta** and **1/2 cup reserved cooking water**. Season well with **salt** and **pepper** to taste.



6. FINISH AND SERVE

Slice **chicken** and divide among plates with **pasta** (see notes). Garnish with remaining **thyme leaves** (to taste).

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