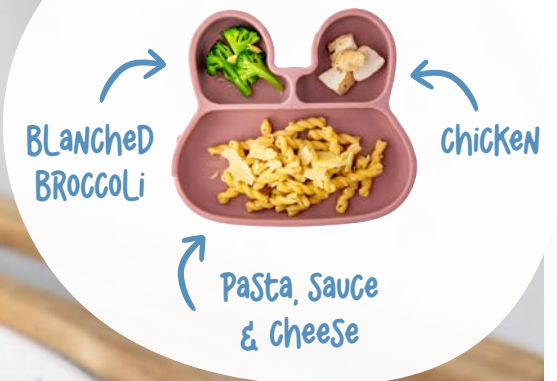


for the
little ones

Chicken alfredo

Diced chicken and broccoli florets cooked in a delicious creamy carbonara sauce and served with pasta – quick & family friendly!



25 Minutes



2 Servings



Chicken & Pork

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FROM YOUR BOX

BROWN ONION	1
BROCCOLI	1
DICED CHICKEN BREAST	300g
SHORT PASTA	1 packet (500g)
CARBONARA SAUCE	1 pouch

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

large saucepan, large frypan

You can serve the chicken and creamy sauce over rice or wedges if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. PREPARE the VEGGIES

Bring a saucepan of water to a boil.

Peel and dice onion, cut broccoli into small florets.

tip For extra nutrients and less food waste, grate or thinly slice the broccoli stalk and add it to the dish.



4. Boil the Pasta

Meanwhile, add 1/2 packet pasta to boiling water and cook according to packet instructions or until al dente. Stir occasionally. Drain.

tip Cook the whole packet of pasta and toss with the sauce for yummy leftovers!



2. COOK the CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add diced chicken to cook, season with **salt and pepper**.



5. StIR in the Sauce

Add carbonara sauce to pan with chicken and vegetables and warm through for 1-2 minutes.



3. ADD the Vegetables

Add onion and broccoli to pan with chicken. Cook for 7-8 minutes or until chicken is just cooked through.

tip Keep the broccoli separate and blanch in the boiling water before adding the pasta if you prefer!



6. fINISH AND SERVE

Toss pasta into sauce and adjust seasoning with **salt and pepper** (if needed). Serve at the table.

tip Garnish the pasta with grated parmesan or some fresh herbs of choice if you like!