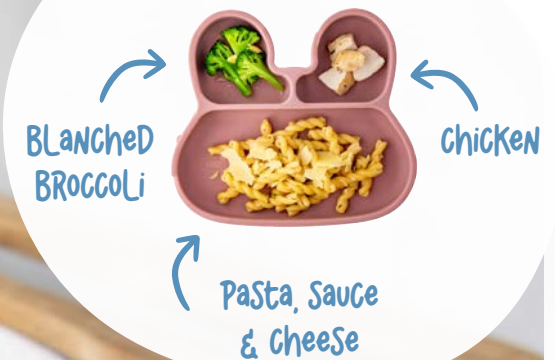




FOR the  
Little ONES



## Chicken Alfredo

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



25 Minutes



4 Servings



Chicken & Pork

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## FROM YOUR BOX

BROWN ONION	1
BROCCOLI	1
DICED CHICKEN BREAST	600g
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 pasta to boiling water and cook according to packet instructions or until al dente. Stir occasionally. Drain.



### 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!