



# Garlic Pepper Chicken and Broccoli Alfredo

WITH PARMESAN

Express Plus



### Prep & Cook Time

20-30 MIN

### Cook Within

4 DAYS

### You Will Need

Olive Oil  
Medium Non-Stick Pan

### Difficulty Level

INTERMEDIATE

### Spice Level

NOT SPICY

### Ingredients

- 1/2 oz. Flour
  - 1.4 fl. oz. Lemon Juice
  - 4 oz. Broccoli Florets
  - 6 Chive Sprigs
  - 2 oz. Shredded Parmesan Cheese
  - 8 oz. Cooked Fettuccine
  - 2 tsp. Garlic Pepper
  - 4 fl. oz. Cream Sauce Base
  - 2 tsp. Chicken Broth Concentrate
- Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
  - 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
  - 12 oz. Sirloin Steaks
  - 12 oz. Filets Mignon

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/21993](http://www.homechef.com/21993)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cheese**



### 1. Cook the Chicken

- Pat **chicken** dry and season both sides with **garlic pepper**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.
- Transfer chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, continue recipe.

### Customize It Instructions

- If using **filets mignon** or **sirloin steak**, follow same instructions as chicken in Step 1, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



### 2. Prepare the Ingredients

- Cut **broccoli** into 1" pieces.
- Mince **chives**.



### 3. Add the Sauce and Pasta

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **broccoli** and 2 Tbsp. **water** to hot pan. Cover and cook until water is almost completely evaporated, 4-6 minutes.
- Add 2 tsp. olive oil and **flour**. Stir until no dry flour remains.
- Add ¼ cup water, **chicken base**, and **cream base**. Stir to combine. Bring to a simmer.
- Once simmering, add **pasta** and half the **cheese** (reserve remaining for garnish). Stir until coated and thickened slightly, 2-3 minutes.
- Remove from burner.



### 4. Finish the Dish

- Plate dish as pictured on front of card, slicing **chicken**, if desired, and placing on **pasta**. Garnish with **chives** and remaining **cheese**. Top chicken with **lemon juice** to taste. Bon appétit!