



Classic Plant-Based Chicken Alfredo

with Spinach & Red Pepper Flakes



under 20min



2 Servings

Designed to be an elevated weeknight dinner, this dish is short on time and big on flavor. Linguine cooks until tender, then drains over spinach to allow the delicate greens to wilt. Plant-based chicken combined with a decadent Alfredo sauce that we brighten with lemon zest and juice. No pasta is complete without a generous helping of Parmesan, and fresh parsley and red pepper flakes are the perfect final garnishes.

What we send

- 6 oz linguine ¹
- 3 oz baby spinach
- 1 lemon
- ¾ oz Parmesan ⁷
- 8 oz pkg plant-based chicken ⁶
- 3 oz mascarpone ⁷
- ¼ oz granulated garlic
- ¼ oz fresh parsley
- 1 pkt crushed red pepper

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot or saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 37g, Carbs 75g, Protein 42g



1. Cook ingredients

Bring a large pot or saucepan of **salted water** to a boil. Add **pasta** and cook until al dente, 8-10 minutes. Place **spinach** in a colander and drain pasta over the greens so that they wilt. Set aside until step 4.

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons juice**; cut remaining into wedges. Finely grate **Parmesan**.



4. Start sauce

Add **Alfredo sauce** and bring to a simmer; reduce heat to medium. Stir in **lemon zest and juice** (or more depending on taste preference), **all but 2 tablespoons of the Parmesan**, and **¼ teaspoon granulated garlic**. Season to taste with **salt and pepper**.



2. Prep Alfredo sauce

Into a small bowl, add **mascarpone**, **¼ cup water**, **a pinch of salt**, and **several grinds of pepper**; whisk to combine (it's ok if sauce is lumpy). Set aside **Alfredo sauce** until step 4.



5. Finish

Add **pasta and spinach** to **Alfredo sauce** with **chicken** and toss until combined. Cook over medium heat, tossing pasta in sauce, until evenly coated. Thin out sauce with water, 1 tablespoon at a time, if necessary.

Pick **parsley leaves** from stems and coarsely chop leaves, discarding stems.



3. Brown "chicken"

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1-2 minutes more.



6. Serve

Transfer **pasta** to plates and garnish with **red pepper flakes**, **remaining Parmesan**, and **parsley**. Serve with **extra lemon wedges** on the side. Enjoy!