

DINNERLY



Cajun Chicken Alfredo:

No chopping. No slicing. No knife required!



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this Cajun chicken alfredo? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the pasta and chicken, stir in alfredo sauce, and add some roasted red peppers. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 6 oz cavatappi ¹
- 2 (2 oz) roasted red peppers
- ½ lb pkg chicken breast strips
- ¼ oz Cajun seasoning
- 10 oz alfredo sauce ²

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- large saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 31g, Carbs 76g, Protein 42g



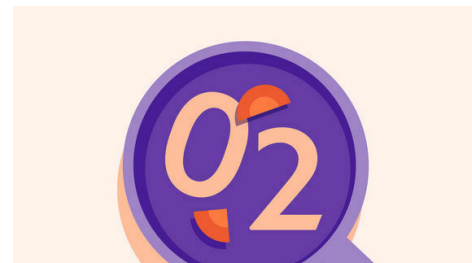
1. Cook pasta

Bring a large saucepan of **salted water** to a boil over high heat. Add **pasta** and cook, stirring occasionally, until al dente, 8–10 minutes. Reserve **¼ cup cooking water**, then drain pasta and set aside in colander until step 3.

Tear **all of the roasted red peppers** into bite-sized pieces, if necessary.



What were you expecting, more steps?



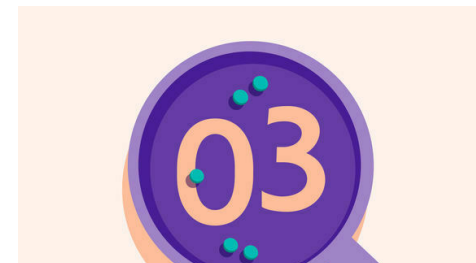
2. Brown chicken

While **pasta** cooks, pat **chicken** dry; season with **1 teaspoon Cajun seasoning** and a **pinch each of salt and pepper**.

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add chicken and cook until browned all over, 1–2 minutes per side (chicken will not be cooked through).



You're not gonna find them here!



3. Heat sauce & serve

To skillet with **chicken**, stir in **alfredo sauce** and **reserved cooking water**. Reduce heat to medium, and cook, stirring occasionally, until sauce is warmed and chicken is cooked through, 2–3 minutes. Stir in **roasted peppers**. Add **pasta**; stir to coat.

Season **Cajun chicken alfredo** to taste with **salt and pepper** and serve. Enjoy!



Kick back, relax, and enjoy your Dinnerly!