



Chicken Tetrazzini & Gluten Free-Fettuccine

with Peas & Mushrooms



20-30min



2 Servings

Chicken tetrazzini can take over an hour to make, but our version is on your table in 30 minutes! We make a creamy, cheesy sauce and add sliced mushrooms, green peas, and fresh parsley. Tender chicken breasts brown quickly before simmering in the rich sauce and topping gluten free fettuccine. As classic as it gets—but without the wait!

What we send

- 4 oz mushrooms
- garlic
- 2 oz shredded cheddar-jack blend ⁷
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz mushroom seasoning
- 2½ oz peas
- ¼ oz fresh parsley
- 9 oz gluten free fettuccine ³

What you need

- kosher salt & ground pepper
- ¾ c milk ⁷
- butter ⁷
- olive oil
- all-purpose flour (or gluten-free alternative)

Tools

- large pot
- medium skillet

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 45g, Carbs 78g, Protein 61g



1. Prep ingredients

Bring a large pot of **salted water** to a boil.

Thinly slice **mushrooms**. Finely chop **2 teaspoons garlic**. Set **1 tablespoon shredded cheese** aside for step 6.

In a liquid measuring cup or small bowl, combine **¾ cup milk** with **¼ cup water**; set aside until step 5.



4. Cook mushrooms

Heat **1 tablespoon oil** in same skillet over medium-high. Add **mushrooms** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until tender, 2-4 minutes. Reduce heat to medium.



2. Boil pasta

Add **pasta** to boiling water and cook until al dente, 2-3 minutes. Drain pasta and return to pot with **1 tablespoon butter**. Cover to keep warm until serving.



5. Make sauce

To same skillet, add **garlic**, **1 tablespoon butter**, and **1 teaspoon flour**; cook, stirring, until fragrant, about 30 seconds. Slowly stir in **milk mixture**. Bring to a simmer and cook until thickened, 2-3 minutes.

Stir in **mushroom seasoning**, **peas**, and **remaining cheese**; cook until peas are warm and cheese is melted, 1-2 minutes. Season to taste with **salt** and **pepper**.



3. Cook chicken

Meanwhile, pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate to rest.



6. Finish & serve

Return **chicken** to skillet and heat over medium-low until warmed through, 1-2 minutes. Coarsely chop **parsley leaves** and **tender stems**.

Toss **pasta** with **butter** and spoon onto plates. Top with **chicken and tetrazzini sauce**. Garnish with **chopped parsley** and **reserved cheese**. Enjoy!