

# DINNERLY



## Low-Cal Alfredo with Chicken Breast Strips

Peas & Parmesan



ca. 20min



2 Servings

Fettuccine Alfredo—hard to say, easy to eat! For this one we've subbed in silky cream cheese for the usual butter and cream combo, plus some fun penne pasta for the long noodles. Grated Parm rains down over chicken breast strips and sweet peas for a dinner that hits every level of comfort cuisine. We've got you covered!

### WHAT WE SEND

- 6 oz penne<sup>1</sup>
- 2 (1 oz) cream cheese<sup>2</sup>
- ¾ oz Parmesan<sup>2</sup>
- ½ lb pkg chicken breast strips
- 5 oz peas

### WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour<sup>1</sup>
- garlic
- olive oil

### TOOLS

- medium pot
- microplane or grater
- medium 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 640kcal, Fat 22g, Carbs 73g, Protein 44g



#### 1. Cook pasta

Bring a medium pot of **salted water** to a boil over high. Add **pasta** and cook, stirring occasionally, until al dente, 8–9 minutes. Reserve **2 tablespoons cooking water**, then drain pasta well and set aside until step 4.



#### 2. Prep ingredients

While **pasta** cooks, in a medium bowl, whisk to combine **all of the cream cheese**, **¾ cup water**, **1 tablespoon flour**, and a **generous pinch each of salt and pepper** (it will not be smooth).

Finely grate **Parmesan**, if necessary.



#### 3. CHICKEN VARIATION

Finely chop **1 teaspoon garlic**. Pat **chicken strips** dry; season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



#### 4. Sauce pasta

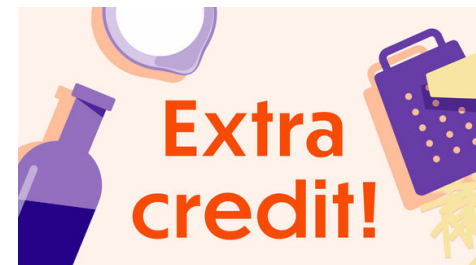
Reduce heat to medium. Add **garlic** to skillet; cook, stirring frequently, until softened, about 1 minute. Stir in **cream cheese mixture** until melted. Stir in **peas, pasta**, and **half of the Parmesan**. Bring to a simmer; cook, stirring occasionally, until peas and pasta are warmed through and **sauce** coats pasta, 3–4 minutes.



#### 5. Finish & serve

If **pasta** is dry, stir in **1 tablespoon reserved cooking water** at a time, as needed; season to taste with **salt and pepper**.

Serve **creamy chicken Alfredo** in shallow bowls topped with **remaining Parmesan**. Enjoy!



#### 6. Take it to the next level

Penne for your thoughts: brighten up this creamy bowl with a handful of chopped herbs. Sprinkle chopped parsley or tarragon over top before serving. Even better, add a squeeze of fresh lemon juice.