



Fast! Gluten Free Fettuccine in Alfredo Sauce

with Lemon, Mascarpone & Kale Salad



ca. 20min



2 Servings

If you're craving a super cheesy meal in just 20-minutes, this fettuccine Alfredo will get the job done. Smothered in mascarpone and served alongside a fresh kale salad, this meal is complete—cravings approved.

What we send

- garlic
- 1 shallot
- 1 cucumber
- 1 lemon
- 3 oz mascarpone ⁷
- ¾ oz Parmesan ⁷
- 9 oz gluten free fettuccine ³
- 3 oz baby kale
- ¼ oz fresh mint

What you need

- kosher salt & ground pepper
- olive oil
- balsamic vinegar (or red wine vinegar)

Tools

- medium pot
- microplane or grater

Allergens

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

Nutrition per serving

Calories 780kcal, Fat 44g, Carbs 83g, Protein 19g



1. Prep water & garlic

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

Finely chop **1 teaspoon garlic**.



2. Prep salad

Finely chop **¼ cup of shallot** (save rest for own use). Peel **cucumber**, then halve lengthwise, scoop out seeds with a spoon, and thinly slice into half-moons. In a medium bowl, whisk to combine **2 tablespoons oil** and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**. Add chopped shallot and cucumbers, tossing to coat. Set aside until step 6.



3. Prep cream sauce

Finely grate **zest of half the lemon** and squeeze **1 tablespoon lemon juice** into a small bowl. Add **mascarpone, chopped garlic, ¼ cup water, a pinch of salt, and several grinds of pepper**; whisk to combine (it's ok if sauce is lumpy) and set cream sauce aside until step 5. Finely grate **Parmesan**.



4. Cook and finish pasta

Add **pasta** to boiling water and cook, stirring to prevent sticking, until al dente, according to package directions. Drain pasta and return to saucepan. Add **cream sauce**; cook over medium-high heat and toss to coat pasta. Add **half of the Parmesan** and toss until pasta is well coated, 1-2 minutes. Season to taste with **salt and pepper**. (Sauce will thicken as pasta sits.)



5. Finish salad




Add **kale** to **dressed shallots and cucumbers**; toss to coat. Season to taste with **salt** and **pepper**. Pick **mint leaves** from stems; discard stems and tear any large leaves. Serve **linguine Alfredo** topped with **mint** and **remaining Parmesan**, and with **kale salad** alongside.



6. Serve

Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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