

\*Recipe & Nutritional information is inspired from a HelloFresh recipe.

EAT  
4LESS

## Chicken & Mushroom Linguine

### Quick & Easy

Prep Time: 25 Minutes

Cook Time: 20 Minutes

Serves: 4 People

Kcal

794

Carbs

72.5g

Protein

52.7g



#### INGREDIENTS\*

360g, **Linguine**  
4, **Chicken Breasts**  
120g, **Sliced Mushrooms**  
300g, **Broccoli**  
300g, **Creme Fraiche**  
2 Cloves, **Garlic**  
40g, **Grated Hard Italian Cheese**  
20g, **Vegetable Stock**

#### INSTRUCTIONS\*

Boil water in a large pan with 1/2 tsp salt on high heat. Add the pasta. Cook until tender, about 12 mins.

While the pasta cooks, dice up the chicken into bite-sized pieces. Heat a drizzle of oil in a large frying pan on high heat. Add the chicken & mushrooms, season with salt & pepper. Fry until golden brown on the outside and cooked through, 8-10 mins.

Peel & grate the garlic / use a garlic press. Cut off broccoli florets.

Once the chicken is cooked through, add the garlic & stir-fry for 30 secs.

Add broccoli to pasta pan when pasta has 4 mins left. Once cooked, remove 200ml of pasta water. Drain & drizzle with oil.

Stir the reserved pasta water, creme fraiche and veg stock into the chicken pan, simmer for 2-3 mins. Add the cooked pasta, broccoli & cheese to the sauce & gently toss, swirl or stir to coat. Season with salt & pepper.