



Light & Healthy Chicken Alfredo

This alfredo is a much lighter take on the traditional version, using low fat creme fraiche in place of cream, and reducing the amount of parmesan cheese. There is also the addition of chicken, which provides some protein, and semi-sundried tomatoes for flavour and freshness!

Nutritional Info

Calories: 386 kcal
Carbohydrates: 59.6 g
Protein: 13.2g
Fat: 3.6g

Ingredients

- Chicken Fillet
- Shallot
- Garlic
- Pasta
- Low Fat Creme Fraiche
- Semi-sundried tomatoes
- Spinach
- Parsley
- Parmesan

Your Pantry

- Olive Oil

Allergens


Wheat (Pasta)
Milk (Cheese, Creme Fraiche)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Prepare the vegetables

Peel and finely slice the shallots. Peel and crush the garlic. Slice the sundried tomatoes. Finely chop the parsley.

3) Cook the pasta

Fill a saucepan with boiling water add the pasta, cooking for 10-12 minutes or until al dente. Drain the pasta, keeping a couple of tablespoons of the pasta water in a cup. Set the pasta and water aside. While the pasta is cooking.....

4) Saute the shallots, garlic, and chicken.

In a frying pan, heat a drizzle of oil over medium heat. Add the shallots and cook down for 3-4 minutes until soft. Add the chicken pieces and fry until cooked through. Add the garlic, and cook for a final minute.

5) Add the pasta

Add the pasta to the pan with the chicken, shallots and garlic. Next add the creme fraiche, parmesan cheese, pasta water, sun-dried tomatoes, and spinach. Heat and stir until the spinach has wilted and everything is combined. Season with parsley and salt & pepper to taste.

6) Plate the dish

Enjoy!



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