

Creamy fettuccine with chicken

Full of flavour and the goodness of veg like broccoli, cauliflower and zucchini, this creamy fettuccine pasta with chicken is a cracking weeknight dinner.

- Serves 4
- Cooktime 25 mins 25 minutes
- Preptime 5 mins

Ingredients

- 375g fettuccine
- 2 Coles Australian RSPCA Approved Chicken Breast Fillets
- 1 tbs olive oil
- 150g broccoli
- 150g cauliflower
- 1 zucchini, thinly sliced
- 2 garlic cloves, crushed
- 2 spring onions, thinly sliced
- 1 tbs lemon zest
- 1 tsp dried chilli flakes (optional)
- 300ml Bulla Cooking Cream
- 1 cup (80g) finely grated parmesan
- 1/3 cup flat-leaf parsley leaves

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain.

2. Step 2

Meanwhile, heat a frying pan over medium heat. Brush the chicken with oil. Season. Cook for 7 mins each side or until cooked through. Cover with foil. Set side for 5 mins to rest. Thinly slice.

3. Step 3

While the chicken is resting, process the broccoli and cauliflower in a food processor until it resembles rice (see tip). Then cook the broccoli and cauliflower rice and zucchini in the frying pan over high heat, stirring, for 5 mins or until tender. Stir in the garlic, spring onion, lemon zest, chilli flakes, if using, and cream. Cook for 2 mins or until heated through. Stir in half the parmesan.

4. Step 4

Add the pasta to the cream mixture in the pan and toss to combine. Divide among serving bowls. Top with chicken and sprinkle with parsley and remaining parmesan to serve.