



Ashley's Meal Prep Monday!



Chicken Fettuccini Alfredo *Dairy/Gluten Free

INGREDIENTS

Pan-fried chicken

- 1 lb boneless chicken breasts
- 3 TBSP avocado oil
- ¼ TSP pepper
- ¼ TSP garlic salt
- ¼ TSP Italian seasoning

Fettuccini Sauce

- ¼ cup shallots
- 6 garlic cloves chopped
- ¼ cup sweet onion chopped
- 3 TBSP avocado oil
- ½ TSP pepper/salt
- ¼ TSP garlic salt
- ¼ TSP onion salt
- ¼ TSP Italian seasoning
- 3 TBSP GF flour
- 1 cup chicken broth
- ¼ cup canned coconut milk
- ¼ cup cashew milk/ almond milk
- 4 TBSP nutritional yeast
- 1 TBSP fresh chives chopped

Heat a frying pan on high with oil. Season the chicken breasts and cook each side for about 4 ½ minutes then set aside. Use this time to boil a package of GF fettuccini noodles.

Using the same pan, add garlic, onion and shallots to the frying pan on med-high heat. Once the garlic, onions and shallots have softened, add the flour. Coat all the ingredients and then mix in the coconut milk, cashew or almond milk, and chicken broth. Turn the heat to low and let sauce simmer.

Mix in pepper, garlic salt, onion salt, Italian seasoning, nutritional yeast and fresh chives. Give the sauce a taste test to determine if it needs more seasonings. Add the sauce to a mixing bowl with the cooked fettuccini and mix until coated.

Top with cooked chicken and a sprinkle of chives and enjoy!



CARTWRIGHT'S
MARKET