

Chicken Carbonara

Description

Serves 2-3. Chicken breast chunks, flavorful chopped bacon, market-fresh parsley, and chopped garlic come together in a rich Parmesan cream sauce and are tossed with freshly cooked pasta.

GF/KF At-Home Modification: Substitute your favorite gluten-free or keto pasta.

Cooking Instructions

This dish includes 3 parts: Chicken/Bacon, Carbonara Sauce, and Pasta.

QuickThaw Sauce & Chicken/Bacon: Submerge well-sealed containers in water for 15-20 minutes. Shake sauce to mix well and bring to room temp for use in this dish. **Do not cook or overheat the sauce** – it contains pasteurized eggs, and we want the egg to remain creamy and not overcook. You will toss the sauce with the hot pasta to bring it gently up to temp just before serving.

Prepare Chicken/Bacon: In a large sauté pan, heat 1 Tbls of olive oil over medium heat and add chicken/bacon mix. Cook 3-5 minutes until bacon crisps, then turn off heat and set aside.

Prepare Pasta: Cook pasta in boiling, salted water 9-11 minutes until done to your preferred consistency. When pasta is cooked, reserve 1 cup of the hot pasta water and then drain remaining water. Toss hot cooked pasta with Chicken/Bacon mix. Then toss in Carbonara Sauce and add as much of the reserved pasta water (up to 1/2 cup) as you'd like to reach your desired sauce consistency – remember not to cook or overheat the sauce! Add additional salt to taste if needed.

Internal Temperature: 165F.

Serving Suggestions: Warm garlic bread, fresh green salad. Chardonnay.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving: 565 cal, 20g fat (9g sat), 100mg chol, 990mg sodium, 54g carb, 1g fiber, 38g protein.

Contains: Eggs. Dairy. Wheat.

Lifestyle: Nut-Free. Make gluten-free or keto-friendly at home by serving with gluten-free or keto pasta.

Ingredients: cooked chicken, Parmesan cheese, chopped cooked bacon, linguine pasta, half & half, pasteurized egg yolks, fresh parsley, fresh garlic, salt, pepper.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.



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