

Grocery and Equipment list:

One-pot fettucine Alfredo, Roasted Asparagus and Chocolate Almond Macaroons

ONE-POT FETTUCINE ALFREDO

Note – This recipe will make 2 large portions or 4 smaller portions. Feel free to double it!

Fridge:

2 Tbsp unsalted butter
Fresh parsley
Grated Parmigiana Reggiano cheese
Milk or cream (any type)

Pantry:

2 cups unsalted chicken or vegetable broth
250- grams fettucine noodle nests
4 cloves garlic
Freshly ground black pepper
Kosher salt

Equipment:

Cutting board
Grater
Knife
Large skillet
Measuring cups and spoons
Stove
Tongs





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ROASTED ASPARAGUS

Fridge:

1 bunch asparagus (about a pound)
1 Fresh lemon
Parmigiana Reggiano

Pantry:

Freshly ground black pepper
Kosher salt
Olive oil

Equipment:

Baking sheet
Citrus juicer
Lemon zester (or microplane)
Measuring spoons
Oven
Oven mitts
Parchment paper
Trivet

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CHOCOLATE ALMOND MACAROONS

Fridge:

¾ cup roasted almonds with skin
2 egg whites
Maple syrup

Pantry:

1 and 2/3 cups unsweetened finely shredded coconut
6 ounces (170 grams) semi-sweet chocolate
Almond extract
Granulated sugar
Sea salt



Equipment:

2 baking sheets
Large bowl
Measuring cups and spoons
Medium sized frying pan
Microwave or double boiler
Oven
Oven mitts
Parchment paper
Plate
Small microwave safe bowl
Tablespoon
Trivet
Whisk
Wire rack
Wooden spoon or rubber spatula