



GARDEN OF GOODNESS

 **MEAL  
KITS**



4 to 6



12min



Difficulty

## CREAMY MUSHROOM ALFREDO

Savour the indulgence of our Garden of Goodness 'Creamy Mushroom Alfredo' Meal Kit. Made with certified organic ingredients, this dish reimagines Italian comfort food with a healthy twist. Gluten-free, dairy-free, and free from refined sugar, oil, preservatives, and additives, our kit delivers creamy decadence using only the finest organic ingredients.

We provide everything for a delectable base dish, plus suggestions for add-ons and pantry staples to customize your meal. Enjoy a guilt-free, gourmet experience that caters to various dietary needs without compromising on flavour.

**FAMILY FRIENDLY**





## FROM YOUR KIT



- 2x Creamy Alfredo Sauce (cooked) 400g
- 1x Garlic Mushroom and Zucchini Pack (cooked) 300g
- 1x Gluten Free Multigrain Pasta (uncooked) 350g



## FROM YOUR PANTRY



Salt & Pepper

Water

Olive Oil  
(for dressing)



## OPTIONAL ADDITIONS

- For extra protein, add your choice of protein to the side
- Sprinkle micro greens, sprouts or fresh herbs for added micronutrients



## INSTRUCTIONS

### STEP ONE



#### COOK YOUR PASTA

- Bring 2-4L of water to a rolling boil in a large pot.
- Optional: Add 1-2 tsp salt for flavour.
- Add pasta and stir immediately to prevent clumping.
- Boil uncovered for 8-12 minutes, stirring occasionally.
- Begin checking at 6 minutes for preferred firmness.
- Drain immediately. Do not rinse.
- (Optional: Add a drizzle of Olive Oil to cooked pasta).

### STEP TWO



#### HEAT THE CREAMY ALFREDO SAUCE

##### Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution – contents will be hot.

##### Option B: Stove Top

- Pour contents into a saucepan.
- Add a splash of water.
- Heat over medium heat for 5-6 minutes, stirring occasionally.
- Use caution – contents will be hot.

### STEP THREE



#### HEAT THE GARLIC MUSHROOM AND ZUCCHINI PACK

##### Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution – contents will be hot.

##### Option B: Stove Top

- Add veggies to a pan with a splash of water.
- Heat over medium heat for 5-6 minutes, stirring occasionally.
- Use caution – contents will be hot.

### STEP FOUR



#### COMBINE & SERVE

- In a large bowl or pan, mix the hot pasta with the warmed Creamy Alfredo Sauce until well coated.
- Plate the hot creamy pasta, and top with Garlic Mushroom and Zucchini.

### STEP FIVE

#### SHARE YOUR LOVE OF OUR MEAL KITS!

We want to hear from you! Snap a pic of your Meal Kit experience, upload to socials and tag us!

@wearegardenofgoodness



*a New way to  
enjoy Gourmet!*