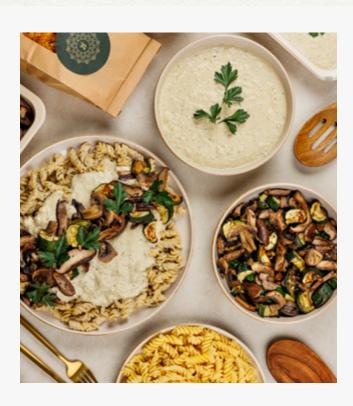
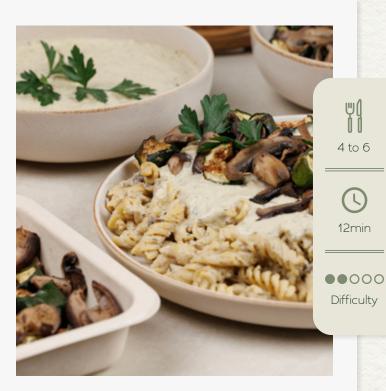


GARDEN OF GOODNESS

# **MEAL** IKITS







# 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.



# 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.

# a New way to enjoy Gournet!

#### 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





