



Dinner recipe.

Pasta fettuccine Alfredo

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Preparation.

1. Put the pasta in a large ziplock.
2. Stick parmesan, salt and pepper in another bag.
3. The salted butter goes in a bag of its own.

Instructions.

4. Cold soak the tagliatelle for 90 minutes in a cup of water.
 5. Boil the pasta and let it cook for 2 minutes.
 6. Leave 2 tablespoons of hot water in your pot and add the butter.
 7. Put the pasta back in with the parmesan bag and mix, heat a little if needed.
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Ingredients.

- Pasta, 4.4oz(125gr) 450kcal
- Salted butter, 2oz(60gr) 441kcal
- Parmesan, 2.6oz(75gr) 317kcal
- 1 tsp salt, 0.07oz(2gr) 0kcal
- ¼ tsp black pepper, 0.0175oz(0.5gr) 1kcal

9oz(263gr), 1211kcal

kcal/oz=134