

MEALTIME HELPER

MAKING MEALTIME EASY

Chicken Tetrazzini - Shopping List

- Pasta
 - 12 oz (340 g) spaghetti, linguine, or egg noodles
- Protein
 - 2 cups cooked chicken, shredded or cubed (rotisserie works well)
- Dairy & Refrigeration
 - 2 tbsp unsalted butter
 - 1 cup (240 ml) whole milk or half and half
 - 1 cup (240 ml) heavy cream (optional / or extra milk)
 - 3/4–1 cup grated Parmesan cheese (divided)
 - 1 cup shredded Gruyère, cheddar, or mozzarella (optional for topping)
- Produce & Herbs
 - 1 medium onion
 - 8 oz (225 g) cremini or button mushrooms
 - 2–3 garlic cloves
 - 1–2 tbsp fresh parsley (or a small bunch)
 - Fresh thyme (optional) or dried thyme (1/2 tsp)
- Canned / Frozen
 - 2 cups (480 ml) low sodium chicken broth
 - 1 cup frozen peas (optional)
- Pantry & Baking
 - 3 tbsp all purpose flour
 - 1 tbsp olive oil
 - 1/2 tsp kosher salt (plus more to taste)
 - 1/4 tsp black pepper
 - 1 tsp Dijon mustard (optional)
 - 1/2 cup plain breadcrumbs or panko (optional — for crunchy topping)
- Notes:
 - Optional: splash of white wine for deglazing, extra grated Parmesan for serving.

- If you don't have cooked chicken, buy 1–1.25 lb raw chicken to cook and shred.