

Chicken Alfredo

6 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 500 g Chicken (breast, meat and skin, raw)
- 375 g Pasta (dry, enriched)
- 1 1/2 cup, whipped Cream (fluid, heavy whipping)
- 3 tbsp Butter (salted)
- 3/4 cup Cheese (parmesan, grated)
- 4 clove Garlic (raw)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)
- 1 tbsp Vegetable oil (olive)

Instructions

1. Cook the fettuccine according to package directions until al dente. Reserve 1 cup of pasta water, then drain.
2. Season the chicken breasts with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Cook the chicken for 6–7 minutes per side until golden and cooked through (165°F / 74°C). Let rest 5 minutes, then slice.
3. In the same skillet, melt the butter over medium heat. Add the minced garlic and cook for 30 seconds.
4. Pour in the heavy cream and bring to a gentle simmer. Cook for 3–4 minutes until slightly thickened.
5. Stir in the Parmesan cheese until melted and smooth. Add the cooked pasta and toss to coat, adding pasta water as needed to loosen the sauce.
6. Top with sliced chicken. Serve immediately with extra Parmesan.