

# Chicken Fettuccine Alfredo

Rich and creamy Chicken Fettuccine Alfredo with tender chicken, butter, cream, and Parmesan cheese. A restaurant-quality Italian classic made at home.

5	20	25	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Chicken Fettuccine Alfredo

## Ingredients

- 1 pack pasta
- 2 chicken meat
- 1 stick unsalted butter
- 2 cup heavy cream
- 1 tbsp nutmeg
- 1 cup parmesan cheese
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the pasta**

Bring a large pot of salted water to a rolling boil over high heat. Add 1 pack fettuccine and cook according to package directions until al dente, about 10-12 minutes. Reserve 1 cup of the starchy pasta cooking water before draining. Drain the pasta and set aside.
- 2 Cook the chicken**

Pat 2 chicken breasts dry with paper towels and season both sides generously with 1 teaspoon salt and 1 teaspoon black pepper. Heat a large skillet over medium-high heat.
- 3** Add 1 tablespoon butter to the hot skillet and swirl to coat. Add the seasoned chicken breasts and cook undisturbed for 5-6 minutes until golden brown on the bottom. Flip and cook another 4-5 minutes until internal temperature reaches 74°C (165°F). Transfer chicken to a cutting board and let rest 5 minutes, then slice into strips.
- 4 Make the Alfredo sauce**

Reduce heat to medium-low and add the remaining butter from the 1 stick to the same skillet. Once melted and foaming, slowly pour in 2 cups heavy cream while whisking constantly.
- 5** Bring the cream mixture to a gentle simmer and cook for 2-3 minutes, whisking frequently, until it begins to thicken slightly. Remove from heat.
- 6 Finish the dish**

Gradually whisk 1 cup grated Parmesan cheese into the warm cream sauce until completely melted and smooth. If the sauce is too thick,

add reserved pasta water 2 tablespoons at a time until desired consistency is reached.

- 7 Add the cooked fettuccine and sliced chicken to the sauce. Toss with tongs for 1-2 minutes until the pasta is well coated and heated through. Taste and adjust seasoning with salt and pepper as needed.
- 8 Serve immediately in warmed bowls, topped with additional Parmesan cheese and freshly ground black pepper if desired.

## Tips

Reserve at least one cup of pasta cooking water before draining - the starchy water is essential for achieving the perfect sauce consistency and helps prevent the sauce from breaking.

Use unsalted butter to control the sodium content of your dish, as both the cheese and pasta water will contribute saltiness to the final recipe.

Let the chicken rest at room temperature for 15 minutes before cooking to ensure even cooking and better searing.

Don't move the chicken pieces once they hit the hot pan - let them develop a golden crust before flipping for maximum flavor development.

Grate your cheese fresh rather than using pre-grated varieties, which contain anti-caking agents that can prevent smooth melting and create a grainy sauce texture.

Keep the sauce at a gentle simmer rather than a rolling boil to prevent the dairy from curdling and to maintain the smooth, creamy texture.

Scrape up all the browned bits from the bottom of the pan when making the sauce - this fond adds incredible depth of flavor to the finished dish.

Warm your serving plates in a low oven before plating to help keep the pasta hot longer, as Alfredo sauce thickens quickly as it cools.