

Foodnity Recipes

Creamy Chicken Alfredo Pasta

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Pasta and Protein

- [ ] 12 oz fettuccine pasta
- [ ] 2 boneless, skin-less chicken breasts (about 2 ½ in. thick)
- [ ] 2 Tbsp olive oil

Alfredo Sauce

- [ ] 4 Tbsp unsalted butter
- [ ] 3 cloves garlic, minced
- [ ] 2 cups heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp freshly ground black pepper

Garnish

- [ ] 2 Tbsp chopped fresh parsley for garnish

Instructions

1. Start by bringing a large pot of salted water to a rolling boil. Cook your 12 oz fettuccine pasta just according to the package directions until it's al dente. Drain it well, but honestly, I like to toss it with a splash of olive oil so the strands don't stick together while we finish the rest.

2. While the pasta is doing its thing, heat a large skillet over medium-high heat. Add 1 Tbsp olive oil. Brush those 2 boneless, skin-less chicken breasts with a little salt and pepper, then sear them for about 4–5 minutes per side. You're looking for a lovely golden brown color and an internal temp of 165°F. Once they're done, let them rest for a few minutes before slicing—it's so important for the juices.

3. In that same skillet—keep those brown bits!—melt 4 Tbsp unsalted butter over medium heat. Stir in the 3 cloves garlic, minced, and sauté for just 30 seconds. Wow, the smell is wonderful, but be careful not to let the garlic burn.

4. Pour in 2 cups heavy cream and let it come to a gentle simmer. Now, turn the heat down to low and slowly whisk in 1 cup freshly grated Parmesan cheese. Keep whisking until the sauce thickens up and becomes silky smooth.

5. Taste your sauce and season it with 1/2 tsp salt and 1/4 tsp freshly ground black pepper. If it feels a bit too thick, just add a splash of that reserved pasta cooking water to get the consistency just right.

6. Toss your cooked fettuccine into the skillet, making sure every single strand is coated in that rich Alfredo sauce. Slide the sliced chicken back into the pan and stir gently to combine.

7. Look at the sauce—if the mixture seems a little dry, add 1–2 Tbsp of reserved pasta water. We want it to glaze the pasta beautifully without becoming watery.

8. Carefully transfer the creamy chicken alfredo to a serving platter. Sprinkle over 2 Tbsp chopped fresh parsley for a little pop of color and a fresh hit of flavor.

9. Serve it up immediately. I mean, it's just wonderful with a side of roasted garlic bread or maybe some steamed broccoli for a bit of crunch.

10. Now, just relax and enjoy that comforting, buttery bite. It's an instant family favorite, believe me!

Nutrition per serving

850 kcal	42 g	45 g	52 g
Calories	Protein	Carbs	Fat

Tips & notes

- Save a bit of the pasta water before draining; it's like liquid gold for fixing sauce thickness.
- Freshly grated cheese is a must—pre-grated stuff has coatings that stop it from melting smoothly.
- Resting the chicken ensures the meat stays tender and moist.