

# Chicken Fettuccine Alfredo

Pairs perfectly with our [Michael Ros 2021 Roussanne](#)

**Prep Time:** 5 minutes | **Cook Time:** 20 minutes | **Total Time:** 25 minutes | **Servings:** 6

## INGREDIENTS

### Chicken

- 1- pound boneless, skinless chicken breasts
- ½ teaspoon Italian seasoning
- ¼ teaspoon paprika Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1-2 Tablespoons olive oil

### Pasta

- 1 pound fettuccine
- 1 Tablespoon salt, for the water

### Alfredo Sauce

- ½ cup salted butter
- 3 ounces cream cheese
- ½ teaspoon minced garlic
- 2 cups (1 pint) heavy whipping cream, or half-and-half
- ½ teaspoon garlic powder
- ¼ teaspoon Italian seasoning, optional ¾ teaspoon Kosher salt, plus more to taste
- ¼ teaspoon freshly ground pepper
- 1/4- ¾ cup freshly grated parmesan cheese, plus more if desired
- For serving: Chopped fresh parsley

## DIRECTIONS

### Chicken

- Pound the chicken breast to even thickness.
- In a small bowl, stir together the Italian seasoning, paprika, salt and pepper.
- Rub all over the chicken.
- In a large skillet, heat the oil over medium heat. Add the chicken and cook 5 minutes. Flip and cook an additional 3 to 5 minutes, or until the internal temperature reaches 165°F on a digital thermometer.
- Transfer to a plate, cover and let rest while the sauce is cooking. Slice against the grain into 1/4-inch strips when ready to serve

## Pasta

- Boil pasta in water mixed with salt according to package instructions. Drain once cooked and reserve 1/2 cup pasta water.

## Alfredo Sauce

- In a medium saucepan, melt the butter and cream cheese over low heat. Add the garlic and cook 1 minute. Whisk in the heavy cream, garlic powder, Italian seasoning, if using, salt, and pepper
- Increase the heat to medium-low and bring to a simmer. Simmer 5 minutes, whisking occasionally. Stir in parmesan cheese and simmer until melt. Add more parmesan, if desired. The more cheese you add, the thicker the sauce will be.
- Add chicken to the sauce and toss with fettuccine until coated. Add 1 to 2 Tablespoons pasta water if needed to thin the sauce.
- Let rest a few minutes before serving. Sprinkle with parsley to garnish

## Notes

**Broccoli:** If you want to add broccoli, steam it and then add it to the sauce with the chicken.

**Protein:** Feel free to swap out the chicken with shrimp if preferred. Or you can omit meat all together.

**Noodles:** Fettuccine noodles are my favorite because the sauce completely covers every inch of the flat surface. However other types of noodles (like penne or rotini) would also taste delicious.

**Pasta water:** Make sure to salt your pasta water for a boost of extra flavor. Also, don't forget to reserve 1/2 cup pasta water before draining your noodles. You can use it to thin down your sauce later if needed.

**Cheese:** One of the keys to making delicious homemade chicken alfredo is grating your own parmesan cheese. The store-bought containers of pregrated parmesan have extra additives that make the cheese harder to melt. Fresh is always best!

**Storage:** Store chicken fettuccine alfredo leftovers in an airtight container in the refrigerator up to 3 days.

**Source:** [www.iheartnaptime.net](http://www.iheartnaptime.net)