

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 Instructions

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 and 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