

Chicken Alfredo



Serves 4

Prep 20 mins

Cooking 20 mins

Easy

2 large boneless and skinless chicken breasts

20g butter

2 tbsp extra-virgin olive oil

1 large garlic clove, finely grated (optional)

300g fettuccine or tagliatelle

150ml double cream

80g parmesan, finely grated, + extra to serve

20g flat-leaf parsley, finely chopped

alternative sauce:

2 tbsp flour

255 ml milk

100 ml cooking water

22g parmesan

1 tbsp butter

1. Season the chicken. Warm the butter & oil in a large frying pan over medium heat. Cook the chicken for 8-10 mins each side until golden & cooked through. Add the garlic & cook for 5 mins (if using). Transfer the chicken to a plate to rest for 5 mins before thinly slicing.
2. Meanwhile, bring a pan of heavily salted water to the boil & cook the pasta following pack instructions. Once it's al dente, drain, reserving a large mug of the cooking water.
3. Add 100ml of the cooking water to the chicken pan, scraping the base of the pan, then add the cream. Gently simmer for 2 mins, stirring occasionally, then remove from the heat. Stir in the parmesan, most of the parsley, & any resting juices from the chicken.
4. Do not boil the cream when it's added to the sauce as high heat can cause it to split, giving you a lumpy, unappealing sauce. If this happens, blend the sauce with a stick blender before adding the parsley, as this may bring it back to a smooth consistency
5. **For an alternative sauce:** heat the butter, and cook, stirring constantly, until fragrant, about 1 min. Add flour, & whisk to combine & cook for 1 min. Slowly whisk in the milk & cooking water. Season. Let the sauce simmer uncovered until thickened, about 2-3 mins. Turn off the heat, & fold in the parmesan cheese.
6. Toss the pasta through the sauce, adding a some more pasta water if it is too thick, and serve topped with the chicken, a sprinkle of parsley, parmesan and a generous grind of black pepper.
7. **How to store chicken alfredo:** Store any leftovers in an airtight container in the fridge for up to three days. Enjoy hot or cold.
8. **How to serve chicken alfredo:** Serve with a crisp green salad of parsley, rocket and Little Gem lettuce, tossed through a sharp lemon dressing.