

Treasure Barrel

Chicken Fettuccine Alfredo: Creamy Pasta Comfort

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

For the Pasta & Chicken

- [ ] 1 lb fettuccine pasta
- [ ] 1.5 lbs boneless, skinless chicken breasts, cut into 1-inch cubes
- [ ] 2 tablespoons olive oil
- [ ] Salt and freshly ground black pepper to taste

For the Alfredo Sauce

- [ ] 1/2 cup (1 stick) unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 2 cups heavy cream
- [ ] 1 1/2 cups freshly grated Parmigiano-Reggiano cheese
- [ ] 1/4 teaspoon ground nutmeg
- [ ] Freshly chopped parsley, for garnish

Instructions

1. First, let's get the pasta water going. Fill a large pot with water, salt it generously, and bring it to a rolling boil. While that's happening, gently pat your chicken pieces dry with a paper towel—this little step is the secret to getting a beautiful golden-brown sear. Season them all over with salt and pepper. Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Once the oil shimmers, carefully add the chicken in a single layer. Let it cook without moving for a few minutes until golden, then flip and cook the other side until it's cooked through. Transfer the cooked chicken to a plate and set it aside.

2. By now, your pasta water should be ready. Add the fettuccine and cook according to the package directions, but check it a minute or two early. You want it to be al dente—still with a slight bite—because it will finish cooking in the sauce later. While the pasta is cooking, turn your attention back to the skillet. Reduce the heat to medium and add the butter. Let it melt completely, then add the minced garlic. Cook for just a minute until it's fragrant. Ugh, that smell is just the best, isn't it?

3. Now for the magic. Slowly pour the heavy cream into the skillet with the garlic butter. Let it warm through, stirring occasionally, until it just begins to gently simmer around the edges. You don't want it to boil. Once it's warm, reduce the heat to low and begin adding the grated parmesan cheese, a handful at a time, whisking constantly. Let each addition melt completely before adding the next. This slow process ensures your sauce will be silky smooth. Stir in the nutmeg, and season with a little salt and pepper. Taste and adjust if needed.

4. Just as the sauce is ready, your pasta should be perfectly al dente. Before you drain it, scoop out about a cup of the starchy pasta water and set it aside. Drain the pasta and immediately add it to the skillet with your beautiful alfredo sauce. Add the cooked chicken back in as well. Use a pair of tongs to gently toss everything together, making sure every strand of pasta and piece of chicken is coated in the creamy sauce. If the sauce seems a bit too thick, add a splash of the reserved pasta water to loosen it to your desired consistency. This is one of those quick comfort meals that comes together so beautifully at the end.

5. Serve the pasta immediately, piled high in warm bowls. I love to garnish it with a generous sprinkle of fresh parsley for a bit of color and freshness, and maybe an extra dusting of parmesan cheese, because why not? This dish is best enjoyed right away, when the sauce is at its peak of creamy perfection. It's a moment of pure, simple indulgence that everyone deserves. Just gather your loved ones, sit down, and enjoy the quiet comfort of a meal made with love.

Nutrition per serving

850 kcal	40 g	50 g	55 g
Calories	Protein	Carbs	Fat

Tips & notes

- One of the biggest secrets to a great sauce is using some of the starchy water the pasta cooked in. Before you drain your fettuccine, reserve about a cup of that cloudy water. If your finished alfredo seems a bit too thick, a small splash of this water will thin it out perfectly while helping the sauce cling even better to the noodles. It's a simple trick that professional chefs use, and it truly elevates the dish.
- Feel free to make this dish your own! A pinch of red pepper flakes added with the garlic can give it a lovely, subtle warmth. You could also stir in some fresh baby spinach at the very end and let it wilt into the sauce for a touch of green. Cooking should be creative, and this recipe is a wonderful starting point for many simple suppers.
- Please, whatever you do, do not add cold cream to the hot pan. This can cause the cream to curdle or separate. I like to let my cream sit out on the counter for about 20 minutes before I start cooking to take the chill off. It helps it incorporate into the sauce much more smoothly, ensuring that velvety texture we all love.