Breaded Chicken Alfredo

RECIPE • Italian / Italian-American • Serves 4



Breaded chicken Alfredo tops creamy pasta with crisp cutlets. Keep the chicken out of the sauce until serving.

PREP	COOK	TOTAL	YIELD
20 min	20 min	40 min	4 servings

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast cutlets
- 1/2 cup (60 g) flour
- 2 eggs
- 1 cup (100 g) panko
- 1/4 cup (60 ml) oil
- 1 cup (240 ml) cream
- 3/4 cup (75 g) Parmesan
- garlic.
- Butter (amount not specified in importer)
- Salt and pepper (amounts not specified in importer)

Ingredient notes

Set up separate flour, egg and panko plates; keep cooked cutlets crisp by placing them on top at serving.

Breaded Chicken Alfredo — Method

Follow each step in order. Use a food thermometer to verify chicken is safe to eat.

Instructions

1. Cook fettuccine to al dente and reserve 1/2 cup pasta water. Season flour with salt and pepper. Coat chicken cutlets in flour, dip in beaten egg, then press into panko.

2. Shallow-fry cutlets in oil over medium heat in batches until golden and 165°F (74°C) at the thickest point. Drain on a rack.

3. In a clean saucepan, melt butter over low heat, cook garlic briefly, add cream and simmer gently for 3 minutes. Whisk in Parmesan over low heat.

4. Toss pasta with sauce and pasta water. Slice chicken and lay over the pasta just before serving.

Doneness & safety

For raw poultry, use a food thermometer and cook chicken to at least 165°F (74°C) at its thickest portion. For casseroles, check the center reaches 165°F (74°C). Color and timing alone do not establish safety. Reheat leftovers to 165°F (74°C).

Helpful tips

Set up separate flour, egg and panko plates; keep cooked cutlets crisp by placing them on top at serving. For raw chicken, wash hands and clean tools and surfaces after contact.

Common mistakes

Do not rely on color or timing alone for chicken doneness. Avoid boiling cream-and-cheese sauces hard. Keep raw chicken separate from cooked food.

Serving

Serve hot with parsley or a suitable side. Add extra grated cheese or black pepper when appropriate.

Storage

Refrigerate leftovers promptly in shallow, covered containers within 2 hours, or within 1 hour when ambient temperature exceeds 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing

Cool promptly, pack airtight and freeze at 0°F (-18°C) for best quality. Cream sauce, pasta and vegetables may change texture after thawing. Thaw in the refrigerator.

Reheating

Reheat leftovers covered on the stovetop over low heat or in the microwave, stirring for even heating, until 165°F (74°C). Add a splash of broth or water to loosen sauce. Do not reheat leftovers in a slow cooker.

Sources

Giovanni Rana — crispy chicken with fettuccine Alfredo technique reference

https://www.giovanniranausa.com/recipes/fettuccine-alfredo-with-crispy-chicken.html USDA FSIS — chicken safety and internal-temperature guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/chicken-farm-table USDA FSIS — leftovers, cooling, refrigeration and reheating guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety USDA FSIS — safe handling and temperature chart

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe