Chicken Alfredo from Scratch

RECIPE • Italian / Italian-American • Serves 4



Chicken Alfredo from scratch combines separately cooked pasta and seared chicken with a gently simmered cream-and-Parmesan sauce.

PREP	COOK	TOTAL	YIELD
15 min	25 min	40 min	4 servings

Ingredients

• 12 oz (340 g) fettuccine

• 1 lb (450 g) chicken breast, sliced

• 1 tbsp olive oil

• 3 tbsp butter

• 2 garlic cloves

• 1 1/2 cups (360 ml) heavy cream

• 1 cup (100 g) freshly grated Parmesan

• nutmeg

• parsley.

Ingredient notes

A gentle cream simmer and finely grated cheese create a smooth, clingy sauce without flour.

Chicken Alfredo from Scratch — Method

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

Instructions

1. Cook fettuccine in salted water to al dente; reserve 1/2 cup pasta water.

2. Season chicken and sear in olive oil and 1 tablespoon butter until browned and 165°F (74°C) in the thickest piece. Transfer to a clean plate.

3. Melt remaining butter over medium-low heat. Add garlic, cream and a pinch of nutmeg; simmer gently for 3 to 5 minutes.

4. Whisk in Parmesan over low heat. Add pasta and chicken, toss until coated, loosen with pasta water and garnish with parsley.

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

A gentle cream simmer and finely grated cheese create a smooth, clingy sauce without flour. 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

Food Network Kitchen — chicken fettuccine Alfredo from scratch reference

https://www.foodnetwork.com/recipes/food-network-kitchen/chicken-fettuccine-alfredo-3364118 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