Chicken Alfredo Recipe with Jar Sauce

Jar-sauce chicken Alfredo is a quick pasta dinner using cooked chicken, penne and broccoli. Warm the prepared sauce gently and add reserved pasta water only as needed; jar size and thickness vary.



Prep	Cook	Additional	Total	Servings
10 min	25 min	3 min	38 min	4

Ingredients

- 1 pound boneless skinless chicken breast / 450 g, sliced into cutlets
- 10 ounces dry penne / 285 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 jar prepared Alfredo sauce, 15 ounces / 425 g
- 2 cups small broccoli florets / 180 g
- 1/2 cup reserved pasta water / 120 ml, as needed

Instructions

1. Boil penne according to the package. Add broccoli during the final 3 minutes. Reserve 1/2 cup water, then drain.

2. Pat 1/2-inch cutlets dry and season with garlic powder, salt and pepper. Heat oil in a skillet; cook 3 to 5 minutes per side, checking for 165°F (74°C). Rest for 3 minutes and slice.

3. Lower skillet heat and add the jar sauce. Stir for 2 to 3 minutes until hot without a hard boil.

4. Fold in pasta, broccoli and cooked chicken. Add pasta water by the tablespoon if the sauce is too thick.

5. Serve hot; follow the jar label for storing any unused sauce.

Time, Temperature & Doneness

Check the thickest part of every chicken portion for 165°F (74°C), avoiding bone. For small pieces, test several of the largest. Use a thermometer; surface color and juices are not reliable safety tests. Times are estimates and vary with thickness, equipment and batch size.

Ingredient Notes & Substitutions

Jar: This recipe uses a 15-ounce jar; larger jars give a saucier result.

Salt: Prepared sauce is already seasoned.

Labels: Check cheese rennet, allergens and ingredients where relevant.

Tips for Success

Read the jar instructions.

Reserve water before draining.

Taste before adding more salt.

Common Mistakes to Avoid

Adding the whole cup of thinning liquid at once.

Overcooking broccoli.

Assuming jar sauce contains no dairy.

Recipe Variations

Spinach: Replace broccoli with 2 cups spinach stirred into hot sauce.

Pasta: Use fettuccine with its package timing.

Serving Suggestions

Serve with a crisp salad or roasted carrots.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not leave a large batch on the counter to cool completely.

Freezing

Best fresh: cream sauces may split and pasta may soften after freezing. If freezing, cool promptly, pack airtight at 0°F (-18°C) and use within 2 months for best quality; thaw in the refrigerator.

Reheating

Warm gently in a covered saucepan with a splash of milk, water or broth, stirring often, until chicken and sauce reach 165°F (74°C). Avoid a prolonged hard boil; separation is a texture issue even when food is safely heated.

Frequently Asked Questions

Do I need cream?
No; the jar is the sauce base, and pasta water adjusts thickness.

Can I use cooked chicken?
Yes; replace raw chicken with 3 cups cooked pieces and heat the finished dish to 165°F (74°C).

Why is it salty?
Sauce brands differ; avoid adding more salt before tasting.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Budget Bytes - cream sauce technique reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill