Chicken Alfredo Spaghetti



Sliced chicken and long spaghetti strands tossed in a smooth Parmesan cream sauce.

Prep 15 min | Cook 20 min | Total 35 min | Serves 4

SOURCE CHECK: butter, garlic, olive oil and parsley have no amounts; salt and pepper are used in the method but not listed.

Ingredients

- 12 oz (340 g) spaghetti
- 1 lb (450 g) chicken breast, sliced
- 1 cup (240 ml) heavy cream
- 3/4 cup (75 g) Parmesan
- butter
- garlic
- olive oil
- parsley
- reserved pasta water.

Toss long spaghetti with tongs and add reserved water gradually so it coats evenly.

How to make it

1. Cook spaghetti in salted water until just al dente; reserve 1/2 cup pasta water.
2. Season chicken and sear in olive oil until browned and 165°F (74°C) at its thickest point; transfer to a clean plate.
3. Melt butter in the skillet, cook garlic briefly, add cream and simmer gently for 3 minutes. Lower heat and whisk in Parmesan.
4. Add spaghetti and chicken; toss with tongs, adding pasta water a little at a time. Garnish with parsley.

Doneness & kitchen notes

Cook chicken to 165°F (74°C) at the thickest point; avoid a hard boil after adding cream and Parmesan.

Toss long spaghetti with tongs and add reserved water gradually so it coats evenly. For raw chicken, wash hands and clean tools and surfaces after contact.

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 & variations

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

Adjust the pasta shape or vegetables while keeping the central technique. For ingredient substitutions, use products suitable for the dietary needs stated on their labels.

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 & reheating

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.

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.

Quick answers

Can I use spaghetti instead of fettuccine? Yes. | How do I coat long strands? Toss with tongs and add pasta water gradually.