Chicken Alfredo with Canned Chicken

PREP 10 MIN • COOK 20 MIN • SERVES 4

A quick Alfredo variation that folds drained, cooked canned chicken into the sauce.



Ingredients

- 12 oz (340 g) fettuccine
- 2 cans cooked chicken, drained (about 340 g total drained)
- 1 cup (240 ml) cream
- 3/4 cup (75 g) Parmesan
- butter
- garlic
- parsley
- black pepper.

Ingredient note: Drain the canned chicken according to its label. The importer does not specify amounts for butter, garlic, parsley or pepper; reserved pasta water is used as needed. Canned chicken varies by brand, so taste before salting.

Method

1. Cook fettuccine to al dente. Reserve ½ cup pasta water and drain. Drain canned chicken according to its label and flake gently.

2. Melt butter over medium-low heat. Add garlic and cook briefly, then add cream and simmer gently for 3 minutes.

3. Reduce heat and whisk in Parmesan. Fold in canned chicken and warm uniformly until the mixture reaches 165°F (74°C) on a food thermometer.

4. Toss with pasta and enough reserved water to coat. Taste before adding salt; finish with black pepper and parsley.

Food safety & storage

Follow the can label for storage of unused canned chicken. Refrigerate prepared leftovers in shallow covered containers within 2 hours (1 hour above 90°F / 32°C); keep at 40°F (4°C) or below and use within 3–4 days. Freeze promptly at 0°F (-18°C) for best quality; cream sauce and pasta texture may change. Thaw in the refrigerator and reheat leftovers to 165°F (74°C). Do not reheat in a slow cooker.

Recipe notes

Nutrition has not been calculated. No video asset is included. This draft has not been kitchen-tested.