Chicken Linguine Alfredo

Creamy Parmesan-style sauce coats linguine with golden sliced chicken and fresh parsley.

SERVES 4	PREP 15 min	COOK 25 min	REST 5 min



Ingredients

- 12 oz (340 g) linguine
- 1 lb (450 g) chicken breast, sliced
- 1/2 cup (120 ml) pasta water, reserved
- 1/4 tsp Italian seasoning
- 2 tbsp chopped parsley
- 1 tbsp olive oil
- 2 tbsp (28 g) unsalted butter
- 3 cloves garlic, minced
- 1 cup (240 ml) heavy cream
- 3/4 cup (70 g) finely grated vegetarian-rennet Parmesan-style hard cheese
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

Method

1. Boil linguine in salted water until al dente; reserve 1/2 cup pasta water. Season chicken with salt, pepper, and Italian seasoning. Sear in olive oil until golden and 165°F (74°C); rest 5 minutes and slice.

2. Melt butter in the same skillet and cook garlic for 30 seconds. Add cream and gently simmer for 2 minutes. Turn heat low and add finely grated cheese a handful at a time.

3. Toss linguine with sauce and enough reserved pasta water to coat. Add chicken and parsley. Taste and adjust salt and pepper, then serve promptly.

4. Use a clean instant-read thermometer at the thickest part of each chicken piece; return pieces to heat if needed.

Doneness & safe handling

Cook chicken to at least **165°F (74°C)** at its thickest part. A casserole containing poultry should reach 165°F (74°C) in the center. Timing varies by appliance and cut; use a food thermometer. Keep raw poultry separate from cooked food and clean hands, tools, and surfaces after handling raw chicken.

Cook’s notes

Linguine’s broad, flat strands pick up the sauce; reserve pasta water before draining. Use a clean plate for cooked chicken, never one that held raw poultry. Keep sauce below a hard boil after adding cream or cheese.

Storage, freezing & reheating

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

Freeze: Cool promptly, package airtight, and freeze at 0°F (-18°C) for best quality. Cream sauce and cooked pasta may change texture after thawing. Thaw in the refrigerator and stir while reheating.

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

Quick questions

• How do I check the chicken? Use a thermometer at the thickest part; it should reach 165°F (74°C).

• How much pasta water should I add? Add enough of the reserved water to coat the linguine.

Recipe references: The Kitchn - Chicken Alfredo technique; Food Network Kitchen - chicken Alfredo technique; USDA FSIS - safe temperatures and leftovers; FoodSafety.gov - cold storage.