Chicken Parmesan Alfredo

Breaded chicken Parmesan with a light marinara and melted cheese topping, served with creamy Alfredo fettuccine. Keep the two sauces separate.



Prep 20 min | Cook 25 min | Total 45 min | Serves 4

Cooking times are estimates. Verify chicken reaches 165°F (74°C) in the thickest portion.

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast cutlets
- 1/2 cup (60 g) flour
- 1 large egg, beaten
- 1 cup (100 g) Italian breadcrumbs
- 2 tbsp (30 ml) olive oil
- 2 cups (480 ml) Alfredo sauce
- 1/2 cup (120 g) shredded mozzarella
- 1/3 cup (35 g) grated Parmesan
- 1/3 cup (80 ml) marinara
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp parsley.

Chicken Parmesan Alfredo here means breaded chicken with a modest marinara-and-mozzarella topping served over a separate Alfredo pasta. Keep the two sauces separate until plating.

METHOD & KITCHEN NOTES

How to make it

1. Cook fettuccine until al dente and warm Alfredo sauce over low heat.

2. Season cutlets with salt and pepper. Dredge in flour, egg and breadcrumbs. Pan-fry in olive oil until golden and the thickest part reaches 165°F (74°C).

3. Spoon a little marinara over each cutlet and top with mozzarella and Parmesan. Broil on a metal pan just until cheese melts.

4. Toss fettuccine with Alfredo sauce and a little pasta water. Plate with a cutlet on top and parsley; serve remaining marinara separately.

Doneness & best results

For raw poultry, measure the thickest portion with an instant-read thermometer and cook to at least 165°F (74°C). For casserole-style recipes, check the center reaches 165°F (74°C). Color and timing alone do not establish safety. Fully cooked leftover chicken should be reheated to 165°F (74°C).

Keeping marinara as a light topping preserves the creamy Alfredo pasta instead of turning the whole dish pink. Using a glass dish under the broiler or leaving it unattended can cause breakage or scorching.

Serving & variations

Makes 4 servings. Divide evenly and serve hot. Serve with a green salad or steamed vegetables if desired; optional sides are not included in the ingredient quantities.

For a simpler chicken parm Alfredo, use a pre-cooked breaded cutlet heated according to its package and verify it reaches 165°F (74°C).

Store, freeze & reheat

Refrigerate leftovers in shallow covered containers within 2 hours of cooking, or within 1 hour when the ambient temperature is above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Refrigerate cooked chicken promptly and follow the oldest ingredient’s storage clock.

Cool promptly, pack airtight and freeze at 0°F (-18°C) or below for best quality for up to 2 months. Cream-based sauces may separate after thawing. Thaw in the refrigerator; continuous freezing preserves safety longer than the quality window.

Reheat covered in a saucepan over low heat or in the microwave with a splash of broth or water, stirring for even heating. Reheat leftovers to 165°F (74°C), checking more than one spot. Avoid a hard boil, which can split the sauce.

Frequently asked questions

Can I make this ahead? Cook the components close to serving for the best pasta texture. Refrigerate leftovers promptly.

How do I know the chicken is done? Check the thickest piece with a food thermometer; poultry must reach 165°F (74°C).

Recipe online

howtocookchickenrecipes.com/chicken-parmesan-alfredo/