Chicken Tortellini Alfredo

Cheese tortellini and tender chicken come together in a creamy Parmesan sauce.



PREP	COOK	SERVES	LEVEL
10 min	20 min	4	Easy

Ingredients

- 18 oz (510 g) refrigerated cheese tortellini
- 12 oz (340 g) chicken breast, cut into bite-size pieces
- 1 tbsp (15 ml) olive oil
- 1 cup (240 ml) heavy cream
- 1/2 cup (120 ml) low-sodium chicken broth
- 2 tbsp (28 g) butter
- 1 cup (100 g) grated Parmesan
- 1 garlic clove, minced
- 1/4 tsp fine salt
- 1/4 tsp black pepper
- 2 tbsp chopped parsley

Method

1. Season chicken with salt and pepper. Heat oil in a deep skillet over medium-high heat and cook chicken, stirring, until golden and 165°F (74°C). Transfer to a plate.
2. Lower heat. Melt butter, cook garlic briefly, then add cream and broth. Bring to a gentle simmer.
3. Add tortellini and cook according to its package directions, stirring gently so it does not stick.
4. Turn heat to low. Stir in Parmesan until smooth. Return chicken and any juices to the pan and warm through. Finish with parsley.

Kitchen note Follow package timing so filled pasta stays intact; choose Parmesan-style cheese made with microbial or vegetable rennet.

Cook chicken to 165°F (74°C); check the thickest piece with a food thermometer.

Storage & reheating

Refrigerate leftovers in shallow covered containers within 2 hours; use within 3 to 4 days. Reheat gently with a splash of broth or water until leftovers reach 165°F (74°C).