# Creamy Chicken Alfredo

Creamy Chicken Alfredo: Simple Recipe + Pro Tips | Serves 4 | Prep 15 min | Cook 20 min



## Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) boneless skinless chicken breast or thigh, sliced evenly
- 1 tbsp (15 ml) olive oil
- 4 tbsp (56 g) unsalted butter, divided
- 2 garlic cloves, minced
- 1 1/2 cups (360 ml) heavy cream
- 1 1/4 cups (125 g) freshly grated Parmesan
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- pinch ground nutmeg
- 2 tbsp chopped parsley.

## Instructions

1. Cook fettuccine in salted water until al dente. Reserve 1 cup pasta water; drain.

2. Season chicken with salt and pepper. Heat olive oil and 1 tablespoon butter in a skillet; cook chicken in one layer, turning once, until browned and 165°F (74°C). Transfer to a plate.

3. Melt remaining butter over medium-low heat. Add garlic for 30 seconds, pour in cream and nutmeg, and simmer gently for 3 to 4 minutes.

4. Reduce heat to low and whisk in Parmesan in handfuls. Toss in fettuccine and chicken. Add pasta water by tablespoons until the sauce clings smoothly; garnish with parsley.

Doneness: Check chicken in the thickest piece with a food thermometer; it must reach 165°F (74°C).

Storage: Refrigerate leftovers within 2 hours and use within 3 to 4 days. Reheat leftovers to 165°F (74°C).