Dairy Free Chicken Alfredo

PREP 15 MIN • COOK 20 MIN • SERVES 4

A dairy-free style sauce uses oat beverage, cashew cream and dairy-free shreds. Cashew is a tree nut.



Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast
- 1 cup (240 ml) unsweetened oat beverage
- 1/2 cup (120 ml) cashew cream
- 2 tbsp dairy-free butter
- 1/2 cup dairy-free Parmesan-style shreds
- garlic
- cornstarch slurry
- parsley.

Allergy note: Cashew cream contains tree nuts and is not suitable for people with tree-nut allergy. “Dairy-free” does not guarantee allergy safety. Check every product label and cross-contact statement. The importer does not specify amounts for oil, garlic, cornstarch, slurry water, seasoning or parsley.

Method

1. Cook fettuccine according to package directions; reserve ½ cup pasta water and drain. Season chicken, then sear in oil until browned and a thermometer reads 165°F (74°C) at its thickest point. Transfer to a clean plate.

2. Melt dairy-free butter over medium-low heat. Add garlic and cook briefly. Pour in oat beverage and cashew cream; warm gently without a hard boil.

3. Whisk cornstarch with cold water to make a slurry. Add it to the skillet and simmer gently until lightly thickened. Stir in dairy-free Parmesan-style shreds over low heat.

4. Toss sauce with pasta and chicken, adding reserved pasta water as needed. Check labels for allergy suitability and cross-contact statements; garnish with parsley.

Food safety & storage

Cook chicken to 165°F (74°C), checked with a food thermometer. Refrigerate 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; 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. For allergy needs, verify all ingredient labels and prevent cross-contact.