Fried Chicken Alfredo

Crisp panko-coated chicken strips served over fettuccine Alfredo, with the coating kept crunchy.



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

Cooking times are estimates. Fry chicken until the thickest strip reaches 165°F (74°C).

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) boneless skinless chicken thighs, cut into strips
- 1/2 cup (60 g) flour
- 1 large egg, beaten
- 1 cup (100 g) panko
- 1 tsp paprika
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 cup (120 ml) neutral oil for shallow frying
- 1 1/4 cups (300 ml) Alfredo sauce
- 2 tbsp parsley.

Shallow-frying needs a thermometer for chicken doneness, not just golden coating. Fry in batches and keep cooked pieces on a rack, away from raw-chicken utensils.

METHOD & KITCHEN NOTES

How to make it

1. Cook fettuccine in salted water to al dente. Warm Alfredo sauce separately over low heat.

2. Set out flour, beaten egg, and panko mixed with paprika, salt and pepper. Dredge chicken strips through flour, egg and panko.

3. Heat oil in a heavy skillet over medium. Fry strips in batches, turning as needed, until crisp and the thickest strip reaches 165°F (74°C). Drain on a clean rack.

4. Toss fettuccine with sauce and a splash of pasta water. Serve fried chicken over pasta and garnish with parsley.

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).

Let the oil return to temperature between batches so the coating browns instead of absorbing oil. Crowding chicken into the pan or using a dark crust as the doneness test can leave the center undercooked.

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 pan-fried chicken Alfredo, use a thin film of oil and turn the strips frequently. Serve extra sauce on the side to keep the coating crisp.

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/fried-chicken-alfredo/