Grilled Chicken Alfredo Pasta

This grilled chicken alfredo pasta recipe makes 4 servings in about 45 minutes. Follow the measured steps and verify raw chicken reaches 165°F (74°C) with a thermometer. Timing varies with cut thickness and equipment.



RECIPE AT A GLANCE

YIELD	4 servings
PREP	15 min
COOK	25 min
TOTAL	45 min
LEVEL	Easy

Cook poultry to 165 F (74 C) in the thickest piece. Check with a food thermometer.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 12 oz (340 g) penne
- 1 tbsp (15 ml) olive oil
- 1 tsp Italian seasoning
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1 1/2 cups (360 ml) heavy cream
- 2 tbsp (28 g) butter
- 2 garlic cloves, minced
- 1 cup (100 g) grated Parmesan
- 1/2 cup (120 ml) reserved pasta water
- 2 tbsp chopped parsley.

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METHOD

1. Heat a grill to medium-high and oil the grates. Cook penne in salted water to al dente; reserve 1 cup pasta water and drain.
2. Rub chicken with olive oil, Italian seasoning, salt and pepper. Grill, turning once, until the thickest center reaches 165°F (74°C). Rest 5 minutes, then slice.
3. In a skillet, melt butter over medium-low heat. Add garlic for 30 seconds; pour in cream and simmer gently 3 minutes.
4. Lower heat and whisk in Parmesan. Toss with penne, adding pasta water until coated. Top with sliced grilled chicken and parsley.

COOK'S NOTES

Tip: Oil the grates and let the chicken release naturally before turning to reduce sticking.
Watch out: Relying on grill marks or a set number of minutes cannot confirm the center is safely cooked.
Variation: Use fettuccine instead of penne. For a Cheddar-style restaurant variation, add a little sharp cheddar to the sauce, recognizing the flavor and texture will change.

STORAGE & FREEZING

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.

Freezing: 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.

REHEATING

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.

Food safety: 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).