Jerk Chicken Alfredo



Fettuccine Alfredo with jerk-seasoned chicken, scallion and lime.

Prep 20 min | Cook 25 min | Total 65 min | Serves 4

SOURCE CHECK: the method calls for butter and garlic, but the ingredient list gives no amounts and omits both.

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast
- 1 tbsp mild jerk seasoning
- 1 tbsp oil
- 1 cup (240 ml) heavy cream
- 3/4 cup (75 g) Parmesan
- thyme
- allspice
- scallion
- lime.

Jerk blends vary in heat and salt; start with a small amount and adjust after tasting.

How to make it

1. Coat chicken with jerk seasoning, thyme and allspice; refrigerate for 20 minutes if time allows. Cook fettuccine al dente and reserve 1/2 cup pasta water.
2. Sear chicken in oil until browned and 165°F (74°C) at the thickest point. Transfer to a clean plate.
3. Melt butter over medium-low heat; cook garlic briefly, add cream and simmer gently for 3 minutes. Whisk in Parmesan over low heat.
4. Toss sauce with pasta and chicken, loosening with pasta water. Top with scallion and serve with lime.

Doneness & kitchen notes

Cook chicken to 165°F (74°C) at the thickest point. Keep raw chicken separate from cooked food and clean utensils and surfaces after contact.

Jerk blends vary in heat and salt; start with a small amount and adjust after tasting. Refrigerate any marinating chicken.

Do not rely on color or timing alone for chicken doneness. Avoid boiling cream-and-cheese sauces hard. Keep raw chicken separate from cooked food.

Serving & variations

Serve hot with parsley or a suitable side. Add extra grated cheese or black pepper when appropriate.

Adjust the pasta shape or vegetables while keeping the central technique. For ingredient substitutions, use products suitable for the dietary needs stated on their labels.

Storage

Refrigerate leftovers promptly in shallow, covered containers within 2 hours, or within 1 hour when ambient temperature exceeds 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing & reheating

Cool promptly, pack airtight and freeze at 0°F (-18°C) for best quality. Cream sauce, pasta and vegetables may change texture after thawing. Thaw in the refrigerator.

Reheat leftovers covered on the stovetop over low heat or in the microwave, stirring for even heating, until 165°F (74°C). Add a splash of broth or water to loosen sauce. Do not reheat leftovers in a slow cooker.

Quick answers

How spicy is it? It depends on the seasoning blend; begin with a little. | Can it marinate? Yes, refrigerated; cook promptly and safely.