Lemon Chicken Alfredo

PREP 15 MIN • COOK 20 MIN • SERVES 4

A creamy chicken Alfredo finished with lemon zest and a little juice for brightness.



Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) chicken breast, sliced
- 1 cup (240 ml) cream
- 3/4 cup (75 g) Parmesan
- zest of 1 lemon
- 1 tbsp lemon juice
- butter
- garlic
- parsley.

Ingredient note: The importer does not specify amounts for butter, garlic, parsley or the searing oil. Reserved pasta water is used as needed. Add lemon juice gradually and taste.

Method

1. Cook fettuccine until al dente. Reserve ½ cup pasta water and drain.

2. Season sliced chicken and sear in oil until browned and a thermometer reads 165°F (74°C) at the thickest point. Transfer to a clean plate.

3. Melt butter over low heat and cook garlic briefly. Add cream and lemon zest; simmer gently for 3 minutes.

4. Lower the heat and whisk in Parmesan. Add lemon juice gradually, tasting as you go. Toss with pasta and chicken, loosen with pasta water, and finish with parsley.

Food safety & storage

Cook raw 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; cream 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.