

One Pan Chicken Alfredo

PREP 10 MINUTES • COOK 25 MINUTES • 4 SERVINGS • EASY

INGREDIENTS

1 lb (450 g) chicken breast, cubed	**8 oz (225 g) uncooked fettuccine, broken in half**
2½ cups (600 ml) chicken broth	**1 cup (240 ml) heavy cream**
¾ cup (75 g) Parmesan	**1 tbsp olive oil**
Garlic — amount not specified in importer	**Italian seasoning** Amount not specified in importer.

One Pan Chicken Alfredo

METHOD

1. Season chicken with Italian seasoning, salt and pepper. Brown in oil in a deep skillet until the largest piece reaches 165°F (74°C); transfer to a clean plate.

2. Cook garlic briefly in the skillet. Add broth, cream and broken fettuccine; bring to a gentle simmer.

3. Simmer uncovered, stirring often, until pasta is al dente, about 12 to 15 minutes. Add broth a splash at a time if the pan gets dry.

4. Stir in Parmesan over low heat, return chicken and its juices, heat through, then garnish with parsley.

FOOD SAFETY	STORAGE & REHEATING
Cook chicken to 165°F (74°C) at its thickest portion, checked with a food thermometer. Color and timing alone do not establish doneness.	Refrigerate leftovers promptly in shallow, covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Reheat covered 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 the sauce. Do not reheat in a slow cooker.
COOKING NOTES	**FREEZING**
Use a wide skillet and stir the pasta often as it simmers in broth. The importer’s steps mention salt and pepper, and the garnish mentions parsley, but these are not listed in its ingredients; amounts are not supplied. Adjust the pasta shape or vegetables while keeping the one-pan method. Use ingredients suited to the dietary needs stated on their labels.	Cool promptly, pack airtight and freeze at 0°F (-18°C) or below for best quality. Thaw in the refrigerator; cream sauce and pasta may change texture.

Serving: Serve hot with parsley or a suitable side. Add extra grated cheese or black pepper if desired.

Technique reference: MedlinePlus. Food safety guidance: USDA Food Safety and Inspection Service.

Nutrition: Not calculated; no verified nutrient analysis is supplied.