Pesto Alfredo Chicken Pasta

RECIPE • Italian / Italian-American • Serves 4



Pesto Alfredo chicken pasta combines basil pesto with Parmesan cream sauce, chicken and pasta.

PREP	COOK	TOTAL	YIELD
15 min	20 min	35 min	4 servings

Ingredients

- 12 oz (340 g) penne
- 1 lb (450 g) chicken breast, cubed
- 1/3 cup (80 g) basil pesto
- 1 cup (240 ml) cream
- 3/4 cup (75 g) Parmesan
- 2 tbsp butter
- garlic
- pasta water
- optional cherry tomatoes.
- Neutral cooking oil (amount not specified in importer)
- Salt and pepper (amounts not specified in importer)

Ingredient notes

Jarred pesto varies in salt and oil; stir it in near the end and taste before salting.

Pesto Alfredo Chicken Pasta — Method

Follow each step in order. Use a food thermometer to verify chicken is safe to eat.

Instructions

1. Cook penne to al dente; reserve 1/2 cup pasta water. Season chicken and sear in oil until browned and 165°F (74°C) inside; transfer to a clean plate.

2. Melt butter in the skillet, cook garlic briefly, pour in cream and simmer gently for 3 minutes.

3. Lower heat and whisk in Parmesan. Stir in pesto and taste before adding salt.

4. Toss in penne and chicken; add pasta water gradually. Add tomatoes if using and serve.

Doneness & safety

For raw poultry, use a food thermometer and cook chicken to at least 165°F (74°C) at its thickest portion. For casseroles, check the center reaches 165°F (74°C). Color and timing alone do not establish safety. Reheat leftovers to 165°F (74°C).

Helpful tips

Jarred pesto varies in salt and oil; stir it in near the end and taste before salting. For raw chicken, wash hands and clean tools and surfaces after contact.

Common mistakes

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

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

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

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.

Reheating

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.

Sources

The Seasoned Mom — chicken pesto Alfredo method reference

https://www.theseasonedmom.com/dump-bake-chicken-pesto-alfredo/ USDA FSIS — chicken safety and internal-temperature guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/chicken-farm-table USDA FSIS — leftovers, cooling, refrigeration and reheating guidance

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety USDA FSIS — safe handling and temperature chart

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe