Chicken Fettucine Alfredo

35 minutes | Serves 4 | Easy

Prep	Cook	Total	Yield
15 min	20 min	35 min	4 servings

Ingredients

- 12 oz (340 g) fettuccine
- 1 lb (450 g) boneless, skinless chicken breast, sliced
- 1 tbsp (15 ml) olive oil
- 4 tbsp (56 g) butter
- 2 garlic cloves, minced
- 1 1/2 cups (360 ml) heavy cream
- 1 1/4 cups (125 g) grated Parmesan
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- Pinch of nutmeg
- 2 tbsp chopped parsley

Prep note

The supplied title and slug spell “Fettucine”; the ingredient and method use the standard spelling “fettuccine.” Sauce is best just after tossing.

Method

1. Bring a large pot of salted water to a boil. Cook fettuccine until al dente. Reserve 1 cup pasta water, then drain.

2. Season chicken with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear chicken, turning once, until browned and the thickest pieces reach 165°F (74°C). Transfer to a plate.

3. Melt butter in the skillet over medium-low heat. Add garlic and cook briefly. Pour in cream and nutmeg; simmer gently for 3 minutes.

4. Lower the heat and whisk in Parmesan until smooth. Add pasta and chicken; toss to coat, adding reserved pasta water a little at a time until glossy. Finish with parsley and serve promptly.

Doneness and texture

Check the thickest chicken piece with an instant-read thermometer; poultry must reach 165°F (74°C). Timing varies with piece thickness. Keep sauce at a gentle simmer and add pasta water gradually.

Avoid

Reducing the sauce too far before tossing can make it stiff after the Parmesan is added.

Variation: Use 1/2 lb chicken and add 4 oz sautéed mushrooms, or use half-and-half for a thinner sauce.

Serving and Storage

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Serve hot, divided evenly among four plates. A green salad or steamed vegetables may be served alongside; these optional sides are not included in the ingredient quantities.

Storage

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.

Freezing

Cool promptly, pack airtight, and freeze at 0°F (-18°C) or below for best quality up to 2 months. The cream sauce may separate after thawing. Thaw in the refrigerator.

Reheating

Reheat covered over low heat in a saucepan or in the microwave with a splash of 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.

FAQ

Can I make this ahead? Cook components close to serving for the best pasta texture; chill leftovers promptly. **How do I know the chicken is done?** Check the thickest piece with a food thermometer; it must reach 165°F (74°C).

Recipe status: Original draft, not kitchen-tested. Nutrition has not been calculated. Verify performance and page details before publication.

Source notes: Recipe technique reference: Food Network, “Chicken Fettuccine Alfredo.” Food safety, cooling, storage, and reheating guidance: USDA FSIS, “Leftovers and Food Safety” and “Steps to Keep Food Safe.” See the importer record for source URLs.