

So Simple Chicken Fettuccine Alfredo

Ingredients:

1 lb. of chicken breasts or tenders
1 box of fettuccine noodles
1 tbsp. olive oil
1/2 stick (4 tbsp.) butter
2 tbsp. flour
1 pint heavy whipping cream
3/4 cup shredded parmesan cheese
salt
pepper
garlic powder

Serves 4-6 people

1. Fill a large pot or pasta pot with water. All 1 tbsp. of salt. Turn on high heat to bring water to a boil.
2. While the water is heating up, cut the chicken breasts or tenders into bite size pieces.
3. Pour 1 tbsp. of olive oil into a large pan. Add the diced chicken. Sprinkle chicken with salt, pepper, and garlic powder to taste. Over medium-high heat, sauté the chicken until cooked thoroughly—about 7 minutes. Remove chicken from pan and put on a paper towel lined plate to drain off excess oil.
4. Add box of fettuccine noodles to boiling water. Stir occasionally with a fork to prevent noodles from sticking together.
5. In a large pan, over medium-high heat, add 1/2 stick of butter. When the butter has mostly melted, add 2 tbsp. of flour. Whisk together until all of the flour and butter is combined.
6. Pour in pint of heavy whipping cream to the flour mixture. Whisk for several minutes. Add salt and pepper to taste.
7. When the sauce starts to thicken, add 3/4 cup of shredded parmesan cheese. Whisk an additional 2 minutes.
8. Sauce is ready when it coats the whisk and very slowly drips off. Remove pan from stove. If sauce is too thick, add 2 tbsp. of boiling pasta water and whisk into sauce.
9. Drain the fettuccine noodles.
10. In a large serving bowl, combine the cooked chicken, fettuccine noodles, and alfredo sauce. Serve immediately.