



Choco Fever Dream

Baked Chicken Alfredo Pasta Casserole

10 min
Prep time

6
Servings

30 min
Cook time

Easy
Difficulty

40 min
Total time

Italian-American
Cuisine

Ingredients

Pasta and Protein

- ☐ 12 oz penne pasta
- ☐ 4 boneless skinless chicken breasts (cut into 1-inch cubes)
- ☐ 1 cup frozen peas, thawed

Alfredo Sauce

- ☐ 4 tbsp unsalted butter
- ☐ 2 cloves garlic, minced

- ☐ 2 cups heavy cream
- ☐ 1 1/2 cups grated Parmesan cheese
- ☐ 1 tsp salt
- ☐ 1/2 tsp black pepper

Topping and Garnish

- ☐ 1 cup shredded mozzarella cheese
- ☐ 2 tbsp chopped fresh parsley

Instructions

- 1 First things first, go ahead and preheat your oven to 375°F (190°C). While that's warming up, grease your 9x13-inch baking dish with a little butter or cooking spray so nothing sticks. Simple as that.
- 2 Get a large pot of water going and cook the 12 oz penne pasta according to the package instructions until it's just al dente. Now, here's a little trick: reserve about 2 tbsp of that starchy pasta cooking water before you drain it. You might need it later if the sauce feels a bit too thick.
- 3 In a large skillet, melt 2 tbsp of the unsalted butter over medium heat. Toss in your chicken cubes, sprinkle with 1 tsp salt and 1/2 tsp black pepper, and let them brown for about 5–6 minutes. Once they're cooked through, stir in the 2 cloves garlic, minced, for just about 30 seconds until it smells wonderful.
- 4 Pour in the 2 cups heavy cream and let it come to a gentle simmer. Stir in 1 cup of the grated Parmesan cheese, stirring gently for 2–3 minutes until it melts and the sauce thickens up. If it looks too thick, honestly, just stir in a tablespoon of that reserved pasta water until it looks just right.
- 5 Now, fold in the cooked penne, the browned chicken, and the 1 cup frozen peas, thawed. Give it all a good toss in the skillet so every single piece of pasta is coated in that creamy sauce. Wow, it smells great already.
- 6 Carefully transfer the whole mixture into your prepared baking dish and spread it out into an even layer. No need to be too fancy, just get it all in there.

- 7 Dot the top with the remaining 2 tbsp of unsalted butter and sprinkle the 1 cup shredded mozzarella cheese evenly over the surface. It's going to look so lovely once it melts.
- 8 Pop it in the oven for 20–25 minutes. You're looking for that cheese to be melted, bubbly, and just a light golden brown. Keep an eye on it!
- 9 Take it out and let the casserole rest for about 5 minutes—I know it's hard to wait, but it helps it set. Garnish with 2 tbsp chopped fresh parsley and serve it while it's hot.

Nutrition per serving

680 kcal

Calories

36 g

Protein

38 g

Carbs

42 g

Fat

Tips & notes

- Undercook your pasta slightly since it continues to cook in the oven.
- Reserve pasta water to adjust the sauce thickness if needed.
- Let the casserole rest for a few minutes before serving for the best consistency.