

Choco Fever Dream

Creamy Chicken Alfredo – Quick & Easy Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into bite-size pieces
- [ ] 12 oz fettuccine or linguine
- [ ] 2 tbsp unsalted butter
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] 2 tbsp chopped fresh parsley
- [ ] Extra grated Parmesan for serving

Instructions

1. Season the chicken pieces with a pinch of salt and pepper, then set aside.
2. Bring a large pot of salted water to a boil; cook the pasta until al dente, then drain, reserving 1 cup of cooking water.
3. In a large skillet over medium-high heat, melt the butter. Add the garlic and sauté for about 30 seconds until fragrant.
4. Add the chicken to the skillet, searing each side until golden and cooked through, about 5-6 minutes.
5. Reduce heat to medium, pour in the heavy cream, and stir gently. Let it simmer for 2 minutes.
6. Gradually whisk in the grated Parmesan until the sauce is smooth and thickened.
7. Add the cooked pasta to the skillet, tossing to coat. If the sauce feels thick, stir in reserved pasta water a little at a time.
8. Finish with lemon zest, adjust seasoning, and sprinkle with optional parsley and extra Parmesan before serving.

Nutrition per serving

520 kcal	32 g	44 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, the reserved pasta water will loosen it without diluting flavor.
- For extra depth, toast the garlic lightly before adding the chicken.
- You can add a splash of white wine after sautéing garlic for added aroma.