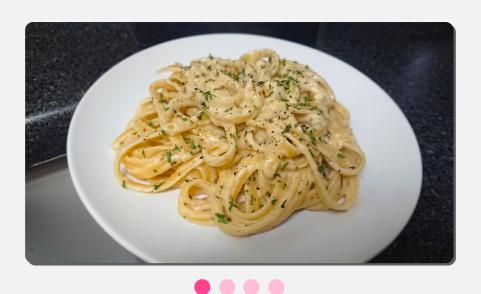


Home

About Recipes Tutorials

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Chicken Alfredo



y ou can never go wrong with a classic chicken alfredo. It comes together quick, it's nearly impossible to mess up, and it takes just about as long as heating up a jar of store bought sauce would. I love adding veggies like broccoli to mine to give it a little bit of green vibrance. Mushrooms are always a solid choice as well.

If you make it with protein, I cut the protein thinly for a quicker cooking time. Make sure to use a generous amount of seasonings in this dish for maximum flavor in order to cut through the heaviness of the cream.

	Skill Level
20	Very Easy
Minutes	Servings
	4

Ingredients 0

3⁄4 Cuρ	Freshly grated Parmesan cheese
1 ½ Cuρ	Heavy whipping cream
1½ Cups	Brown mushrooms, sliced (optional)
2	Chicken thighs or breasts, sliced thinly
3 Cloves	Fresh garlic, minced
Seasonings	Salt, Pepper, garlic powder, Oregano, Italian seasoning

Directions 0

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1.	Heat a cast iron pan over medium high heat . Pour olive oil into the pan once preheated.
2.	Pat your chicken breast dry , season with salt, pepper, garlic powder, oregano, and Italian seasoning.
3.	Place chicken skin side down into the pan, cooking for about six minutes on each side or until they don't stick to the pan anymore and have a nice caramelized crust on the outside.
4.	Melt a generous amount of butter in a different pan at medium - high heat and put in your mushrooms . Let them cook for about 3-4 minutes until soft and browned.

	5.	Add in your garlic and cook for 30 seconds or until fragrant.	
	6.	Add in your heavy cream and let it simmer and reduce for about 5 - 7 minutes .	
	7.	Slowly sprinkle in your Parmesan cheese while constantly stirring with a whisk to avoid clumps.	
	8.	Let the sauce melt and mix in the pan for a few minutes until combined.	
	9.	Enjoy over a fresh bed / nest of pasta paired with a nice salad.	