

Chicken Alfredo

A delightful, subtle Italian dish



Ingredients

- 1 whole chicken breast (or 2 to 3 fillets)
- 100 to 150g Pasta (Tagliatelle are best suited, but any variety will be grand)
- 1 large onion
- Approx. 30ml white wine
- 240ml fresh double cream
- Herbs (such as parsley, basil and/or oregano)
- Salt and pepper
- Olive oil
- Parmesan cheese to serve

Procedure

1. Cook the pasta according to the guidelines.
2. Drain the pasta, add a small piece of butter to prevent sticking, and put off to the side.
3. Peel and finely chop the onion.
4. Ensure the chicken is skinned and free of bones, then cut into bite-size chunks.
5. Heat a little olive oil in a large wok or saucepan over at a high heat.
6. Chuck in the onion and sautee until soft.

7. Add the chicken and sear until slightly brown on all sides.
8. Reduce heat, then add the wine and herbs.
9. Allow to simmer for 5 or 10 minutes, stirring occasionally.
10. Pour in the double cream and add the pasta.
11. Season to taste with salt and stir until well mixed.
12. Allow to simmer for a few minutes, stirring occasionally, until the liquid becomes thick. Do not allow the cream to boil.
13. Serve with grated cheese (parmesan or cheddar go nicely) and a glass of white wine for those old enough.