



# Fettuccine Alfredo with Chicken & Peas

35 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater](#)  
[measuring cups](#)  
[measuring spoons](#)  
[medium saucepan](#)  
[stainless steel sauté pan](#)  
[stirring spoon](#)  
[tongs](#)  
[whisk or fork](#)

## Grab ingredients

½ lb	chicken breasts, boneless skinless
4 fl oz	chicken or vegetable broth
6 oz	fettuccine pasta
1 ½ cups	frozen peas
2 cloves	garlic
1 oz	Parmesan cheese
4 fl oz	whole milk
	all-purpose flour
	black pepper
	butter, unsalted
	Italian seasoning
	salt

## Cook & enjoy

- 1 Fill a medium saucepan halfway with water, cover, and bring to a boil. Uncover, add salt and pasta, and stir for a few seconds. Cook until desired firmness, 9-10 minutes.  
about 7 cups water  
1 tbsp salt  
6 oz (1 quarter coin = 2 oz) fettuccine pasta
- 2 Heat a sauté pan over medium-high heat.
- 3 Slice chicken in half horizontally to form thin fillets. Season with Italian seasoning.  
½ lb chicken breasts, boneless skinless  
1 tsp Italian seasoning
- 4 Add butter to skillet and swirl to coat. Add chicken and cook until golden brown and no longer pink inside, 3-5 minutes per side.  
½ tbsp butter, unsalted
- 5 Peel and mince garlic.  
2 cloves garlic
- 6 Transfer chicken to a plate. Wash and dry pan; return to stove over medium heat.
- 7 Add butter to pan and swirl to coat. Add garlic and cook until fragrant, 15-30 seconds.  
1 tbsp butter, unsalted
- 8 Sprinkle flour into pan and whisk until combined with the butter.  
1 ½ tbsp all-purpose flour
- 9 Add broth and whisk until smooth. Then add milk and stir until sauce is thickened, 4-5 minutes.  
4 fl oz (½ cup) chicken or vegetable broth  
4 fl oz (½ cup) whole milk
- 10 Finely grate ¼ cup of Parmesan.  
1 oz Parmesan cheese

11 Add Parmesan, salt, and pepper to sauce. Stir until smooth, then reduce heat to low until pasta is ready.

1/4 tsp salt

1/8 tsp black pepper

12 Measure out peas.

1 1/2 cups frozen peas

13 Slice chicken diagonally into thin strips.

14 Drain pasta in a colander, reserving about 1/2 cup of the pasta water.

15 Add pasta, chicken, peas, and 1/2 of the reserved pasta water to sauce. Toss to combine. Add more pasta water to thin out the sauce if desired.

16 Place on a plate, garnish with freshly ground pepper, and enjoy!