Southwest Chicken Alfredo

Average user rating: ★ ★ ★ ★ (from 1 user(s))

The ever popular Cajun chicken alfredo gets a Latin twist with poblano peppers.

Yield	2-1/2 cups (2/11oz servings)
Serves	2
Preparation time	5 minutes
Cooking time	6 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1/2	oz		1 tbsp	Olive oil	
1	oz		1/4 cup	Red onions	diced
1	oz		1/4 cup	Red bell peppers	diced
5	oz			Minor's® Alfredo Sauce Concentrate 6x13.6 oz.	prepared
1/4	oz		2 tsp	Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US	
4	oz		1 each	Chicken breast fillet, without skin	
1	tsp			Cajun spice	
1/2	oz		1 tbsp	Olive oil	
10	oz		2 cups	Linguine	cooked, hot
1	tbsp		3 tsp	Chives, fresh	chopped

Preparation Steps

1. Add oil to a sauté pan over medium high heat. Sauté onions and peppers until soft and lightly caramelized, approximately 3-4 minutes.
2. Add Alfredo Sauce to the sautéed peppers and onions. Whisk the Fire Roasted Poblano Flavor Concentrate into the sauce mixture.
3. Coat chicken breast with Cajun seasoning. Add 1 Tbsp olive oil to preheated sauté pan on high heat. Sauté chicken breast until fully cooked to 165°F. Remove from pan and rest chicken for 1-2 minutes.
4. Add hot pasta to the poblano alfredo sauce and toss until thoroughly coated.
5. Place the sauced pasta into a serving bowl and top with sliced spicy chicken breast and chives.

Chef's tip

Red Chile Adobo or Fire Roasted Jalapeno Flavor Concentrates may be substituted in the alfredo sauce.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	1084.6
Energy (Kj)	4630.8
Protein (g)	41.2
Carbohydrate, total (g)	124.9
Fats, total (g)	43.7
Sugars, total (g)	4.9
Fats, saturated (g)	12.3
Fiber, total dietary (g)	5.4
Sodium (mg)	2153.3
Calcium (mg)	301.5

Cholesterol (mg)	76.8
Iron (mg)	2.8
Fats, monounsaturated (g)	16.8
Fats, polyunsaturated (g)	11.6
Vitamin A (µg_RAE)	172.8
Vitamin C (mg)	35.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.