

# **Instructions for Cooking Chicken Fettuccine Alfredo** **Pasta**



## **Disclaimer**

The following instructions provide a procedure to make a Fettuccine Chicken Alfredo Pasta dish. Follow the directions very carefully in order to achieve the best outcome and know that results may vary. When cooking, make sure to use extreme caution to avoid burns, cuts, and other things that may be harmful to you or others involved in this process.

# Introduction

This document provides a recipe for creating a delicious Chicken Fettuccine Alfredo Pasta dish. This recipe contains 4 servings, which will ideally serve 2-4 people. If you wish to cook for more people, be sure to make the appropriate adjustments based on the number of people that you will be serving. These instructions will include the procedure for cooking the pasta, chicken, and sauce. In order to help you cook this recipe as efficiently as possible, gather all of the ingredients and kitchenware before you start making the recipe, so that you do not struggle to find what you are looking for while food is on the stove. This recipe, if done right, should take approximately 20-30 minutes to prepare.

## Ingredients

This recipe will require the following ingredients:

- 10-12 oz. Fettuccine pasta
- 8-10 oz. Boneless chicken breast
- Kosher salt
- 2 tbsp. Olive oil
- Ground black pepper
- ½ cup Fresh Italian parsley
- ½ stick (4 tablespoons) Butter, unsalted
- ½ cup Whole milk
- ½ cup Heavy whipping cream
- 2 cloves Garlic, minced
- 1 cup Parmesan cheese

The following kitchen utilities should be readily available for usage:

- 1 large pot
- 1 skillet
- 1 saucepan
- 1 wooden spoon
- 1 large kitchen knife
- 1 pasta strainer pot
- 1 whisk
- 1 pair of tongs
- 1 pair of oven mitts or kitchen towel (recommended)

## Cooking Steps

### ***Step 1: Preparing the pasta***

Fill a *large pot* with water until it is about  $\frac{3}{4}$  of the way full. Place the pot on the stove and set the burner to medium-high heat until the water starts to boil. While it is heating, add a fair amount of *Kosher salt* into the pot, or until you are satisfied; some people prefer more salt while others do not.

Once the water in the pot starts boiling, add *10-12 ounces of fettuccine pasta*, and leave it in the pot until it is moderately tender; you may use a fork to periodically gauge the tenderness of the pasta while cooking. Once the pasta is cooked, place the *strainer pot* in your sink, carefully lift the large pot (with *oven mitts*), and pour the pasta into the strainer.

### ***Step 2: Preparing the chicken***

While waiting for the pasta to cook, cut *8-10 ounces of chicken breast* into small strips and season them with salt and pepper until you are satisfied with the amount. Place the skillet on the stove and set the burner to medium heat. Add *2 tablespoons of olive oil* to the skillet; after about 1 minute, add the chicken to the skillet.

Let the chicken strips cook until golden-brown; flip the pieces periodically to ensure equal cooking of both sides. This should take approximately a total of 5-6 minutes, however this may vary. Once the chicken appears golden-brown on both sides, carefully transfer the skillet to one of the other burners that are not in use so the skillet can cool down; you may need to use an oven mitt or kitchen towel so that you do not burn your hand.

### ***Step 3: Preparing the alfredo sauce***

Place a *saucepan* on a burner and heat over medium heat. Add *4 tablespoons of unsalted butter* and wait patiently for it to melt, moving it around the pan with a *wooden spoon*. Once the butter has melted, add  *$\frac{1}{2}$  cup of whole milk*,  *$\frac{1}{2}$  cup of heavy cream*, *1 cup of freshly grated Parmesan*, and *2 cloves of minced garlic* and use a *whisk* to mix them together. After about 3 minutes of mixing the sauce, bring the heat to the lowest setting available so that the sauce can stay warm.

#### ***Step 4: Putting it all together***

Once everything has been made, take the pasta from the strainer and add it back into the pot it was cooked in, which should contain no water at this point. Add the cooked chicken to this pot as well. Next, pour the sauce into the pot and stir everything together. Once mixed, use *tongs* to serve the food onto a plate. Finally, add *ground black pepper* and *fresh parsley* over the pasta; *you may also add more Parmesan cheese if you wish.*

## **Conclusion**

Congratulations! You have made a delicious Fettuccine Chicken Alfredo dish! Use what you have learned today to prepare a very appetizing meal for lunch or dinner any day of the week.

## Works Cited

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