

## Chicken Alfredo Broccoli Bake: Creamy, Cheesy Comfort in One Pan

Chicken Alfredo Broccoli Bake



**OVEN**  
**375°F**

**TIME**  
**3 mins**

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### INGREDIENTS

#### Protein & Veggies:

2 boneless, skinless chicken breasts

1-2 cups broccoli florets, blanched (boil 2-3 mins, shock in cold water)

#### Pasta:

2 cups rigatoni noodles

#### Seasoning & Dairy:

4 tbsp butter, divided

1 tsp paprika

1 tsp dried herbs (oregano, thyme, or basil)

1 tsp garlic powder

1 tsp chicken bouillon powder

Salt & pepper to taste

#### Alfredo Sauce Base:

1 1/2 cups heavy cream

1 cup crumbled feta cheese

1/2 cup grated Parmesan cheese

#### Garnish:

Fresh parsley, chopped

Extra cheese (optional, for topping)

### DIRECTIONS

- Step 1: Preheat the Oven:** Set oven to 375°F (190°C). Grease a 9x13-inch baking dish.
- Step 2: Cook the Chicken:** Season chicken breasts with paprika, dried herbs, salt, and pepper. In a skillet, melt 2 tbsp butter, sear chicken 5-7 minutes per side until golden and cooked through. Cool slightly and cube.
- Step 3: Prepare the Sauce:** In the same skillet, melt the remaining 2 tbsp butter. Add garlic powder and chicken bouillon, stir for 1 minute. Pour in heavy cream, then stir in feta and Parmesan cheese. Stir gently over low heat until smooth and melted. Season to taste.
- Step 4: Cook Pasta & Blanch Broccoli:** Boil rigatoni in salted water until just al dente. Blanch broccoli by boiling briefly, then shock in cold water. Drain both.
- Step 5: Combine:** In a large pot, gently toss together the pasta, broccoli, cubed chicken, and Alfredo sauce until everything is coated.
- Step 6: Bake It:** Transfer to the baking dish and top with extra cheese if desired. Bake uncovered for 25 minutes, or until bubbling.
- Step 7: Broil for Finish:** Broil for 2-3 minutes for a golden, crispy top. Watch closely!
- Step 8: Serve:** Garnish with fresh parsley and dig in while it's hot and cheesy.

### SWAPS & NOTES

& Swaps Cheese : The feta adds a unique, slightly tangy

depth-swap with cream cheese for a milder flavor.

Pasta : Any short pasta will do-penne or ziti are great substitutes.

Veggies : Add mushrooms or spinach to bulk up the veggies.

Use elbow, shells, or penne instead-anything that holds sauce well. ???

### TIPS FOR SUCCESS

Blanch broccoli just enough to keep color and a slight bite-it won't turn to mush when baked.

Undercook pasta slightly to avoid overcooking in the oven.

Add a pinch of nutmeg or cayenne to the Alfredo for extra warmth or kick. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/chicken-alfredo-broccoli-bake-creamy-cheesy-comfort-in-one-pan/>