

Creamy Chicken Alfredo Pasta - The Dreamiest Dinner You'll Ever Make

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TIME
30 min

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INGREDIENTS

1 grilled chicken breast, sliced
6 oz fettuccine or tagliatelle pasta
1 tbsp butter
2 cloves garlic, minced
¾ cup heavy cream
½ cup grated Parmesan cheese
Salt and black pepper, to taste
Fresh parsley, chopped (for garnish)
(Optional: pinch of nutmeg or splash of white wine)

Ingredient Tips:

Chicken: Use pre-cooked grilled chicken or sear your own in advance.

Pasta: Long noodles like fettuccine or tagliatelle hold the sauce best.

Parmesan: Use fresh-grated if possible for creamier texture.

Cream: Half-and-half works in a pinch, but heavy cream gives the silkiest results.

DIRECTIONS

- 1.** Cook the Pasta: Boil a large pot of salted water. Cook fettuccine until al dente (about 8-10 minutes). Drain and set aside.
- 2.** Make the Alfredo Sauce: In a large skillet, melt butter over medium heat. Add minced garlic and sauté 1-2 minutes until fragrant. Pour in the cream, stirring gently. Add Parmesan cheese and let the sauce simmer until slightly thickened.
- 3.** Combine Everything: Toss drained pasta into the skillet and stir until coated. Top with grilled chicken slices. Season generously with cracked black pepper. Add a pinch of nutmeg or a splash of white wine for extra depth, if desired.
- 4.** Garnish and Serve: Sprinkle with fresh chopped parsley and serve immediately.

TIPS FOR SUCCESS

Don't Boil the Sauce: Simmer gently to prevent curdling.

Salt in Layers: Season pasta water and taste sauce before final seasoning.

Reserve Pasta Water: Add a splash if sauce needs loosening.

Fresh Parsley: Adds color and balances the richness.

