

Easy Chicken Alfredo Bake: Your New Favorite Weeknight Casserole

This recipe makes a generous 9x13 inch casserole, perfect for a family of four with leftovers.



OVEN
375°F

TIME
1-2 min

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INGREDIENTS

For the Bake: 1 lb Penne Pasta (or other short pasta like ziti or rigatoni)

1 lb Boneless, Skinless Chicken Breasts, cut into bite-sized pieces

1 tbsp Olive Oil

4 cups Broccoli Florets (from about 1 large head)

2 cups shredded Mozzarella Cheese

For the Homemade Alfredo Sauce: 1/2 cup (1 stick)

Unsalted Butter

4 cloves Garlic, minced

2 1/2 cups Heavy Cream

1 1/2 cups freshly grated Parmesan Cheese

1 tsp Salt

1/2 tsp Black Pepper

Pinch of Nutmeg

Pasta: Penne is perfect for catching the creamy sauce, but feel free to use fettuccine (break it in half before cooking), rigatoni, ziti, or bow ties.

Chicken Shortcut: To save time, use 3-4 cups of shredded meat from a store-bought rotisserie chicken.

Sauce Shortcut: While I highly recommend the homemade sauce, you can substitute about 3-4 cups (two 15-oz jars) of your favorite store-bought Alfredo sauce in a pinch.

Broccoli: You can use fresh or frozen broccoli. If using frozen, let it thaw and pat it dry before adding it to the bake.

Cheese: For the best, smoothest sauce, use a wedge of Parmesan cheese and grate it yourself.

Pre-shredded cheeses often contain anti-caking agents that can make the sauce grainy.

Step-by-Step Instructions:

Preheat and Cook Pasta: Preheat your oven to 375°F (190°C). Grease a 9x13 inch baking dish. Bring a large pot of salted water to a boil. Cook the pasta according to package directions until it's just shy of al dente (about 1-2 minutes less than the package says).

Blanch the Broccoli: During the last 2-3 minutes of the pasta's cooking time, add the fresh broccoli florets to the pot. This will quickly cook, or "blanch," the broccoli so it's tender-crisp and bright green. Drain the pasta and broccoli together and set aside.

Cook the Chicken: While the pasta cooks, heat the olive oil in a large skillet over medium-high heat. Season the chicken pieces with salt and pepper. Add the chicken to the skillet and cook for 5-7 minutes, until it's cooked through and lightly browned. Remove the chicken from the skillet and set aside.

Make the Alfredo Sauce: In the same skillet, melt the butter over medium heat. Add the minced garlic and cook for about 1 minute until fragrant, being careful not to let it burn. Pour in the heavy cream, bring it to a gentle simmer, and let it cook for 3-4 minutes to thicken slightly.

Finish the Sauce: Reduce the heat to low and whisk in the grated Parmesan cheese until it's completely melted and the sauce is smooth. Stir in the salt, pepper, and a pinch of nutmeg. Remove from heat.

Combine Everything: In a large bowl (or right in the pasta pot), combine the drained pasta and broccoli, the cooked chicken, and the Alfredo sauce. Stir gently until everything is evenly coated in the creamy sauce.

Assemble and Bake: Pour the mixture into your prepared baking dish and spread it into an even layer. Top with the shredded mozzarella cheese. Bake, uncovered, for 20-25 minutes, or until the sauce is bubbly and the cheese on top is melted and turning golden brown. For a crispier top, you can place it under the broiler for the last 1-2 minutes (watch it carefully!).

Rest and Serve: Let the casserole rest for 5-10 minutes before serving. This allows the sauce to set up slightly.

Tips for Success:

Undercook the Pasta: The pasta will continue to cook in the oven, so boiling it until it's just under al dente prevents it from becoming mushy.

Freshly Grate Your Parmesan: This is the #1 tip for a silky smooth Alfredo sauce. It really makes a

difference!

Don't Overcook the Broccoli: Blanching it with the pasta is the perfect way to get it tender without turning it to mush in the oven.

Serving Suggestions:

Storage and Leftover Tips:

Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days.

Reheating: You can reheat individual portions in the microwave. To reheat a larger portion, place it in an oven-safe dish, add a splash of milk or cream to loosen the sauce, cover with foil, and bake at 350°F (175°C) for about 20 minutes, or until heated through.

More Recipes You Will Love:

DIRECTIONS

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11. **Don't : Overcook the Broccoli:** Blanching it with the pasta is the perfect way to get it tender without turning it to mush in the oven.
12. **Serving Suggestions:** This Chicken and Broccoli Alfredo Bake is a hearty meal on its own, but it pairs beautifully with a simple side salad with a light vinaigrette to cut through the richness. A few slices of crusty garlic bread are also a must for sopping up any extra sauce on the plate.
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15. **More Recipes You Will Love:** If you love comforting, cheesy bakes and one-pan dinners, these other recipes will be right up your alley:
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18. For a guaranteed crowd-pleaser, these : Easy Cheesy Chicken Sliders with Marinara Garlic Butter are a must-make.
19. When you need a go-to cozy dinner, these : Chicken Enchiladas are simply the best.
20. And you can never go wrong with a : Classic Spaghetti Recipe with Homemade Sauce.
21. **Final Thoughts:** There's a special kind of magic in a well-made pasta bake. It's a dish that promises warmth, comfort, and a very happy dinner table. This Chicken & Broccoli Alfredo Bake delivers on all fronts and is sure to become a cherished recipe in your rotation.
22. I hope you love it as much as my family does. Let me know what you think in the comments below, and don't forget to follow us for more delicious dinner ideas!

SWAPS & NOTES

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TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/easy-chicken-alfredo-bake-your-new-favorite-weeknight-casserole/>