

## Creamy Chicken and Broccoli Fettuccine Alfredo: A Comfort Food Classic

1 lb boneless, skinless chicken breasts, cut into 1-inch pieces



**TIME**  
**3 min**

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### INGREDIENTS

For the Chicken: 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces 1 tbsp olive oil 1/2 tsp garlic powder 1/4 tsp salt 1/8 tsp black pepper:

For the Pasta & Broccoli: 12 oz fettuccine pasta 4 cups fresh broccoli florets (from about 1 large head):

### DIRECTIONS

1. directions until al dente. During the last 3 minutes of the pasta cooking time, add the broccoli florets to the boiling water to blanch them until tender-crisp.
2. Make the : Alfredo Sauce:
3. While the pasta is cooking, melt the butter in a large saucepan or deep skillet over medium-low heat. Add the minced garlic and sautØ for 1 minute until fragrant, being careful not to brown it.
4. Simmer the : Cream:
5. Pour in the heavy cream and bring it to a gentle simmer, stirring occasionally. Do not boil vigorously. Reduce the heat to low.
6. Add : Parmesan:
7. Gradually whisk in the grated : Parmesan cheese, about 1/2 cup at a time, until completely melted and smooth. Continue to stir until the sauce thickens slightly.
8. Season the : Sauce:
9. Stir in the salt, black pepper, and the pinch of nutmeg (if using). Taste and adjust seasoning as needed. Keep the sauce on very low heat, stirring occasionally, while the pasta finishes cooking.
10. Drain the cooked fettuccine and broccoli. Do not rinse. Add the hot pasta and broccoli directly to the Alfredo sauce. Add the cooked chicken to the sauce as well.
11. Toss and : Serve:
12. Use tongs to gently toss the pasta, broccoli, and chicken with the sauce until everything is evenly coated. If the sauce seems too thick, add a splash or two of the reserved pasta cooking water until it reaches your desired consistency.

13. Garnish and : Enjoy:
14. Serve immediately, garnished with extra grated Parmesan cheese and a sprinkle of fresh parsley if desired.

## SWAPS & NOTES

**Chicken:** Chicken thighs can be used instead of breasts for a richer flavor and even more tender texture.

If you prefer, you can also use rotisserie chicken for an even quicker meal; just shred it and add it at the end.

**Broccoli:** Fresh broccoli is best for flavor and texture, but frozen broccoli florets can be used in a pinch.

If using frozen, add them directly to the boiling pasta water during the last 2-3 minutes of cooking.

## TIPS FOR SUCCESS

**Don't Overcook the Pasta:** Cook the fettuccine to al dente (still firm to the bite) as it will continue to cook slightly when tossed with the hot sauce.

**Reserve Pasta Water:** Always reserve at least 1 cup of the starchy pasta cooking water before draining.

This liquid is your secret weapon for adjusting the sauce consistency if it becomes too thick.

**Low and Slow for Sauce:** When making the Alfredo sauce, keep the heat low when adding the cream and especially when adding the Parmesan.

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

Original recipe: <https://chefmaniac.com/creamy-chicken-and-broccoli-fettuccine-alfredo-a-comfort-food-classic/>