

The Best Homemade Chicken Alfredo with Broccoli and Parmesan

Rich, velvety, and ready in just 30 minutes



TIME
30 min

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INGREDIENTS

For the Pasta:

200 g fettuccine or tagliatelle

1 tsp salt (for boiling water)

For the Chicken:

250 g chicken breast, sliced into strips

1 tbsp olive oil

Salt & pepper to taste

For the Alfredo Sauce:

2 tbsp butter

2 garlic cloves, minced

200 ml heavy cream

60 g Parmesan cheese, grated

1 cup broccoli florets, lightly steamed

Fresh parsley, chopped

DIRECTIONS

- 1.** Cook the Pasta: Bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente according to package instructions. Drain and set aside.
- 2.** Cook the Chicken: Heat olive oil in a large skillet over medium heat. Season chicken strips with salt and pepper. Cook until golden brown and fully cooked through (about 5-7 minutes). Remove from the pan and set aside.
- 3.** Make the Alfredo Sauce: In the same skillet, melt butter over medium heat. Add minced garlic and sauté for about 30 seconds until fragrant.
- 4.** Pour in the heavy cream and let it gently simmer for 3-4 minutes. Stir in the grated Parmesan cheese and whisk until the sauce thickens and becomes silky smooth.
- 5.** Combine Everything: Add the steamed broccoli and cooked pasta to the sauce. Toss gently until everything is evenly coated.
- 6.** Top with the sliced chicken and sprinkle with freshly chopped parsley. Serve immediately while hot and creamy.

SWAPS & NOTES

Lighter Option: Substitute half-and-half for heavy cream for a slightly lighter sauce.

Pasta Swap: Penne, spaghetti, or even linguine work beautifully.

Protein Variation: Try shrimp or grilled salmon instead of chicken.

Extra Flavor: A squeeze of fresh lemon juice adds brightness and balances the richness.

TIPS FOR SUCCESS

It burns quickly and can turn bitter.

A splash can help loosen the sauce if needed.

High heat can cause the cream to separate.

Parmesan adds saltiness, so taste before adding extra salt.

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