

Baked Chicken Broccoli Alfredo - Easy Family Dinner

Chicken Broccoli Alfredo Bake

OVEN
390°F

TIME
40 min

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INGREDIENTS

300 g fettuccine or tagliatelle pasta
2 chicken breasts, cut into bite-sized pieces
2 cups broccoli florets
1 tablespoon olive oil
Salt, to taste
Black pepper, to taste
2 tablespoons butter
3 garlic cloves, minced
1 ½ cups heavy cream
1 cup grated Parmesan cheese
½ cup shredded mozzarella cheese
Pinch of nutmeg (optional)

DIRECTIONS

1. Cook the Pasta & Broccoli: Bring a large pot of salted water to a boil. Cook pasta until al dente. Add broccoli during the last 3 minutes of cooking. Drain and set aside.
2. Cook the Chicken: Heat olive oil in a skillet over medium heat. Cook chicken until golden and fully cooked. Season with salt and black pepper. Set aside.
3. Make the Alfredo Sauce: In a saucepan, melt butter and sauté garlic for about 1 minute until fragrant.
4. Pour in heavy cream and bring to a gentle simmer. Stir in Parmesan and mozzarella until melted and smooth. Add a pinch of nutmeg if using.
5. Assemble the Bake: Preheat oven to 390°F (200°C).
6. Combine pasta, broccoli, sauce, and half the chicken in a baking dish. Top with remaining chicken and additional cheese if desired.
7. Bake: Bake for 10-15 minutes, until bubbly and lightly golden on top.
8. Serve warm and enjoy every creamy bite.

SWAPS & NOTES

Chicken: Rotisserie chicken works if you're short on time.

Cheese: Freshly grated Parmesan melts smoother than pre-shredded.

Broccoli: Add it during the last few minutes of boiling to keep it vibrant and slightly firm.

Nutmeg: Just a pinch enhances the Alfredo sauce's depth - highly recommended.

TIPS FOR SUCCESS

Don't overcook the pasta - it will continue cooking in the oven.

Let the sauce simmer gently, not boil, to avoid separating.

Taste before baking and adjust salt as needed.

For extra golden color, broil for the last 1-2 minutes (watch closely).

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

Original recipe: <https://chefmaniac.com/baked-chicken-broccoli-alfredo-easy-family-dinner/>