

Silky Sauce, Golden Chicken, and Bold Tuscan Flavors-Why This Alfredo Is Always a Hit at My Table

If there's one dish that never lets me down, it's this



TIME
45 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 8 oz fettuccine pasta
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 cup heavy cream
- $\frac{1}{2}$ cup grated Parmesan cheese (plus more for garnish)
- $\frac{1}{2}$ cup sun-dried tomatoes, chopped
- 1 tsp Italian seasoning
- Salt and pepper, to taste
- Fresh basil (optional, for garnish)

DIRECTIONS

- 1.** Cook the Pasta: I start by boiling a large pot of salted water and cooking the fettuccine according to package instructions. I drain it and set it aside, tossing it lightly with a drizzle of olive oil to prevent sticking.
- 2.** Season and Sear the Chicken: While the pasta cooks, I season the chicken breasts on both sides with salt, pepper, and Italian seasoning.
- 3.** I heat 1 tablespoon of olive oil in a large skillet over medium heat. Once hot, I sear the chicken for 6-7 minutes per side, until golden brown and cooked through (internal temp of 165°F/74°C). I remove the chicken from the skillet and let it rest while I make the sauce.
- 4.** Build the Creamy Sauce: In the same skillet (no need to clean it!), I add the minced garlic and cook for about 1 minute, just until fragrant-this is the base of the flavor.
- 5.** Next, I pour in the heavy cream, scraping up any browned bits from the bottom of the pan. Once it's at a gentle simmer, I stir in the Parmesan cheese and sun-dried tomatoes, letting the sauce bubble and thicken slightly-about 4-5 minutes.
- 6.** Combine It All: I slice the cooked chicken breasts into thin strips and return them to the skillet, letting them simmer in the sauce for a minute or two to soak up all that creamy goodness.
- 7.** Then I toss in the cooked fettuccine, stirring gently to coat every strand in sauce.

8. **Serve and Savor:** I divide the pasta into bowls, top with extra grated Parmesan, and garnish with fresh basil if I've got it on hand. A crack of black pepper on top never hurts either.

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

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