

Chicken Fettuccine Alfredo

Recipe



Ingredients

- 2 Tablespoons Canola Oil
- 1.5 Pound Chicken breast
- 2 Tablespoons Canola Oil
- 1 Large Onion
- 4 Garlic cloves
- ½ Cup Chicken Stock (low sodium)
- 1 Quart Cream
- 1-2 Tablespoons of Corn Starch slurry
- 2 teaspoon Salt
- 1 teaspoon Pepper
- 1 Cup Parmesan
- 1 bunch Parsley
- 16 oz Fettuccine Pasta

Directions

1. In a medium saucepan heat 2 tablespoons of canola oil. While the pan is heating up, cut the chicken breast into bite-sized pieces and add to hot sauté pan and cook. After the chicken is cooked, remove it from the pan and set aside for later.

2. Peel and chop your onion and your garlic. After your onions and garlic are prepared, add them to the sauté pan you cooked the chicken in along with 2 Tablespoons of canola oil. Sweat your onions and garlic over medium heat until they are translucent and sweet. When the onions and garlic are cooked, add the stock to the sauté pan and bring it to a simmer and reduce the stock by half. When the stock has been reduced, add the cream and bring it to a simmer.

3. While the cream is heating up, mix your corn starch and water together. The mixture of corn starch and water is called a slurry and it will be used to thicken your sauce. When your sauce has come to a simmer, slowly add your slurry a little at a time while stirring. Keep a close eye on your sauce and how it starts to thicken with the addition of the slurry and if you end up making it too thick, just use water to help your sauce get to the thickness you enjoy.

4. After the sauce has thickened, season your sauce with salt and pepper, then add the chicken back to your sauce and mix in your parmesan cheese. After adding the cheese, the sauce is finished.

5. With your sauce just about done, bring water to a boil in a pot and cook the pasta you would like to serve with your sauce. While the pasta is cooking, you can chop some parsley for garnish. When the pasta is cooked, place some in a bowl and ladle your sauce on top of your pasta. Sprinkle with parsley and enjoy.