

Payday Recipes

Creamy Garlic Chicken Pasta

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

- [ ] 12 oz (340 g) fettuccine
- [ ] 1 1/2 lb (680 g) boneless, skinless chicken breasts
- [ ] 1 teaspoon Italian seasoning
- [ ] 1 teaspoon salt, plus more to taste
- [ ] 1/2 teaspoon black pepper
- [ ] 2 tablespoons olive oil
- [ ] 4 tablespoons butter
- [ ] 6 cloves garlic, minced
- [ ] 1 cup chicken broth
- [ ] 1 1/2 cups heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 1 tablespoon lemon juice
- [ ] 1/4 cup chopped fresh parsley

To serve

- [ ] Extra grated Parmesan
- [ ] Lemon wedges

Instructions

1. Bring a large pot of salted water to a boil. Cook the fettuccine until 1 minute shy of al dente. Before draining, save 1 cup of the pasta water, then drain and set aside.
2. While the pasta cooks, slice the chicken breasts into even strips. Season with Italian seasoning, salt, and black pepper.
3. Heat the olive oil in a large, deep pan over medium-high heat. Sear the chicken in a single layer for 4-5 minutes per side until golden and cooked through (165°F / 74°C inside). Remove to a plate and rest for 5 minutes, then slice.
4. Reduce the heat to medium. Melt the butter in the same pan, scraping up the browned bits. Add the garlic and cook for 30 seconds, just until fragrant.
5. Pour in the chicken broth and simmer for 2 minutes, scraping the bottom of the pan. Add the heavy cream and simmer gently for 3-4 minutes until slightly thickened.
6. Lower the heat. Stir in the Parmesan a handful at a time until melted and smooth. Add the lemon juice and season with salt and pepper to taste.
7. Add the drained pasta and sliced chicken to the sauce. Toss for 1-2 minutes until everything is coated, adding splashes of pasta water if the sauce is too thick.

8 Serve immediately, topped with parsley and extra Parmesan.

Nutrition per serving

720 kcal	48 g	52 g	36 g
Calories	Protein	Carbs	Fat

Tips & notes

Grate the Parmesan fresh from a block for the smoothest sauce. If the sauce thickens too much while sitting, loosen it with a splash of warm pasta water or milk.