

Italian-American

Pastas

Creamy Chicken Fettuccine Alfredo

⌚ Prep: 15m

🔥 Cook: 20m

Σ Total: 35m

🍽️ 4 servings



Video ref: Natasha's Kitchen (Natasha Kravchuk)

MISE EN PLACE / INGREDIENTS [12]

- ☐ 12 oz Durum wheat semolina fettuccine pasta (De Cecco or Barilla)
- ☐ 0.5 cup Starchy pasta cooking water, reserved
- ☐ 1.5 lbs Boneless skinless chicken breasts, halved horizontally into thin cutlets
- ☐ 1 tbsp Extra-virgin olive oil
- ☐ 4 tbsp Unsalted sweet cream butter, divided
- ☐ 4 cloves Fresh garlic cloves, pressed or finely minced
- ☐ 2 cups Heavy whipping cream (minimum 36% milkfat)
- ☐ 1.5 cups Freshly grated Parmigiano-Reggiano cheese from a block
- ☐ 0.5 tsp Sweet paprika (for seasoning chicken)
- ☐ 1 tsp Kosher salt
- ☐ 0.5 tsp Freshly cracked black pepper
- ☐ 2 tbsp Fresh Italian flat-leaf parsley, finely chopped

US SUPERMARKET BRAND GUIDE

- Parmigiano-Reggiano:** BelGioioso Fresh Parmesan Wedge
Block cheese melts cleanly without anti-caking cellulose agents that make sauces grainy. • 📍 Specialty cheese island.
- Heavy Cream:** Horizon Organic Heavy Whipping Cream
High butterfat content naturally reduces into an emulsion without needing starch or flour. • 📍 Dairy case.

COOKING SEQUENCE & CHECKPOINTS

- 1

Boil Pasta al Dente

⌚ 10 min

Cook 12 oz fettuccine in generously salted boiling water until al dente. Reserve 0.5 cup of starchy pasta cooking water right before draining.
✓ Checkpoint: Tender pasta with a subtle bite at the center.
- 2

Pan-Sear Chicken

⌚ 10 min

Season 1.5 lbs chicken cutlets with 1 tsp kosher salt, 0.5 tsp sweet paprika, and 0.5 tsp freshly cracked black pepper. Sear in 1 tbsp butter and 1 tbsp extra-virgin olive oil for 5 minutes per side until golden and 165°F (74°C) in the center. Rest, then slice into strips.
✓ Checkpoint: Deeply golden crust and juicy interior.
- 3

Make the Alfredo Sauce

⌚ 6 min

In the same pan, melt the remaining 3 tbsp butter, sauté 4 minced garlic cloves for 30 seconds, pour in 2 cups heavy whipping cream, and simmer gently on low for 5 minutes. Pull off heat and whisk in 1.5 cups freshly grated Parmigiano-Reggiano.
✓ Checkpoint: Velvety, luxurious creamy sauce.
- 4

Toss & Garnish

⌚ 3 min

Add the hot drained fettuccine and a splash of the reserved 0.5 cup pasta water into the sauce. Toss vigorously, then top with the warm sliced chicken breast and 2 tbsp chopped fresh parsley.
✓ Checkpoint: Lustrous noodles coated in restaurant-grade sauce.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY**
USDA Poultry Safety Minimum (≥165°F / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ **MASTER DONENESS CHECKPOINT:**
Silky, glossy Alfredo sauce clinging tightly to fettuccine noodles without separating, topped with juicy golden chicken.

🔬 **WHY IT WORKS:**
Fresh Block Grating: Pre-shredded cheeses are coated with potato starch which breaks the delicate fat-liquid emulsion of cream and butter. Grating freshly helps ensure a glossy sheen.

⚠️ **TROUBLESHOOTING:**
The sauce turned greasy and separated: Remove the skillet from direct heat before whisking in the cheese in two gentle additions.