

Chicken Alfredo

- 2 Tbsp sunflower oil
- 2 boneless skinless chicken breasts or thighs
- salt and black pepper

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- 3 Tbsp unsalted butter
- 2 garlic cloves, minced
- 1 tsp BTB chicken bouillon
- 1/4 cup flour
- 10 oz milk
- 4 oz heavy cream
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp nutmeg

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- 8 oz fettuccine or linguine pasta
- 1/2 cup grated Parmesan

Optional:

- parsley, for garnish



1. Preheat oven to 350F degrees.
2. Heat oil in a large skillet over medium-high heat.
3. Dry chicken off and season both sides with salt and pepper. Add chicken to hot pan. Cook on first each side for 3 minutes without flipping in between.
4. If the chicken is not done (depends on size of cut), transfer to sheet pan lined with parchment and finish in oven. Let the chicken rest for 6-7 minutes before slicing or stir into sauce!
5. While the chicken is cooking, begin cooking pasta in large pot of salted boiling water until al dente and strain.
5. Melt butter in the same pan that the chicken was cooked in over medium low heat.
6. Cook the garlic until fragrant, make sure not to burn it!
7. Stir in the bouillon and flour until there are no lumps. Let the roux cook for 2 minutes without little stirring. It will begin to stick to the bottom.
8. Add milk and cream a splash at a time, making sure to whisk until a smooth paste in between additions to avoid lumps. Whisk regularly until it thickens, under medium heat.

9. Lower the heat and add Parmesan, nutmeg, salt and pepper.
10. Toss fettuccine with sauce and serve hot with sliced chicken. Garnish with parsley.