

Chicken Alfredo

A fast, delicious Italian inspired main course dish with a creamy sauce of garlic, Parmesan and milk.



Main Dish

Italian

30 min

Total time

Easy

Difficulty

622

kcal / serving

Ingredients

- 1 chicken breast
- 1/2 cup of heavy cream
- 1/2 cup of shredded Parmesan cheese
- 3 tablespoons of butter
- 3 cloves of garlic, finely minced
- Salt and pepper to taste
- 1/4 teaspoon of dried oregano
- 1/4 teaspoon of paprika
- 2 tablespoons of olive oil
- 2 tablespoons of dried parsley
- 1/2 teaspoon of crushed red pepper (optional)

Steps

- 1 Heat the olive oil in a large sauté pan over medium heat.
- 2 Add the chicken breast, season with salt and pepper and cook until golden brown on both sides, about 10 minutes.
- 3 Add the minced garlic, butter and oregano. Continue cooking for about 2 minutes.
- 4 Pour in the heavy cream, bring to a simmer and reduce heat to low.
- 5 Add the parsley, paprika, crushed red pepper, and Parmesan cheese. Stir until the cheese is melted and everything is combined.
- 6 Simmer on low heat for 5-7 minutes until the sauce has reduced and thickened.
- 7 Serve over your favorite pasta, and enjoy!