



Creamy Chicken and Bacon Pasta



Ingredients:

- 6 oz fettuccine or other pasta
- 5 -7 oz bacon , chopped
- 6 oz chicken breast , cut in half horizontally
- 1 TBLS butter
- 2 garlic cloves , minced
- ½ small onion , finely chopped (brown, white or yellow)
- ¾ cup heavy cream / thickened cream
- ¾ cup pasta cooking water (Note 1)
- ½ cup FRESH grated parmesan

Method:

1. Bring a large pot of salted water to boil. Add pasta and cook for time per packet MINUS 2 minutes (finishes cooking in Sauce).
2. Reserve 1 ladle pasta cooking water, then drain.
3. Meanwhile, cook bacon until golden, drain on paper towels.
4. Season chicken on both sides, cook in bacon fat, 2 minutes each side.
5. Wipe pan to keep sauce pretty and white, and for a buttery clean tasting sauce.
6. Over medium heat, melt butter. Add garlic and onion, cook for 3 - 4 minutes until onion is light golden and soft.
7. Add cream, about ¾-cup pasta water and parmesan. Stir, and then simmer for 2 minutes until it reduces slightly - you do not need to be exact here. Season with salt & pepper.
8. Add pasta and toss gently in the sauce for about 1 ½ minutes. The sauce will thicken and coat the pasta, do this step until you get the sauce consistency you want. If your sauce gets too thick, add a splash of pasta water.
9. Toss through bacon and chicken.
10. Serve immediately, garnished with parmesan and parsley!

Notes

Reserve a ladle of the pasta cooking water. The starch in the water reacts with the oil in the cream / butter and thickens the sauce.