



Lemon Chicken Alfredo Pasta



Ingredients, Chicken Pasta:

- 12 oz fettuccini pasta or spaghetti
- 1 lb boneless skinless chicken breast (2 medium) cut in half lengthwise
- 1 egg
- 1 Tbsp milk
- 1 cup Panko bread crumbs
- ½ tsp salt
- ⅛ tsp black pepper
- 2 Tbsp olive oil

Ingredients, Lemon Cream Sauce:

- 4 Tbsp fresh lemon juice from 1 large lemon, divided
- 2 Tbsp unsalted butter
- 2 garlic cloves minced
- ¼ tsp onion powder
- 2 cups heavy whipping cream
- ½ tsp salt
- ⅓ cup parmesan cheese
- 1 Tbsp parsley optional garnish

Method, Pasta:

1. Bring a pot of water to boil, add 1 Tbsp salt and pasta. Cook until al-dente according package instructions or to desired doneness. Reserve ½ cup pasta water then drain and lightly rinse (rinsing will keep the sauce creamier)

Method, Make Lemon Chicken:

1. While pasta is cooking, set up 2 bowls. In first bowl, beat together 1 egg and 1 Tbsp milk. In second bowl, combine 1 cup bread crumbs, ½ tsp salt and ⅛ tsp black pepper. Dip each chicken cutlet in egg wash, letting excess drip back into the bowl, then dip in breadcrumbs, turning to coat.
2. Heat a large skillet over medium heat. Add 2 Tbsp oil, or enough to lightly cover the bottom of the pan and sauté breaded chicken in a single layer for 3-4 minutes per side or until cooked through with an internal temperature of 165°F. Transfer to cutting board to cool slightly, squeeze half of the lemon juice over the top then cut into strips.



Method, Lemon Cream Sauce:

1. In a medium saucepan over medium heat. Melt 2 Tbsp butter then add 2 minced garlic cloves and $\frac{1}{4}$ tsp onion powder. Sautee 1 minute until fragrant.
2. Add 2 cups heavy cream and $\frac{1}{2}$ tsp salt. Bring to a simmer, stirring frequently. Reduce heat to low and while whisking constantly, gradually pour in 2 Tbsp fresh lemon juice, whisking to incorporate.
3. Sprinkle the top with $\frac{1}{3}$ cup parmesan cheese and remove from heat, whisking until cheese is melted and incorporated. Season to taste with salt (I added a pinch of salt).
4. Pour sauce over rinsed, drained pasta and toss to coat noodles. Add reserved pasta cooking water to thin the sauce if desired. Garnish with parsley and serve with strips of chicken over warm bowls filled with pasta.

NOTE:

The secret to creamy Alfredo Sauce is to remove it from the heat after adding the cheese. As with any Alfredo Sauce, if you continue boiling after adding parmesan, the sauce can curdle and become gritty.