



Chicken Fettuccine Alfredo



Ingredients:

- 12 ounces fettuccine
- Olive oil, for tossing
- 12 ounces boneless, skinless chicken breast (about 2)
- 1 stick (8 tablespoons) unsalted butter
- 2 cups heavy cream
- 2 pinches freshly grated nutmeg
- 1 ½ cups freshly grated Parmigiano-Reggiano
- Kosher salt and freshly ground black pepper

Method:

1. Bring a generously salted large pot of water to a boil. Add the pasta and cook according to package directions until al dente. Drain and toss with a splash of oil.
2. Meanwhile, slice the chicken into ¼-inch thick strips, and lay them on a plate or a sheet of waxed paper. Season with salt and pepper.
3. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the chicken in one layer. Cook, without moving the pieces until the underside has browned, about 1 to 2 minutes. Flip the pieces, and cook until browned and cooked through, 2 to 3 minutes more. Transfer to a bowl.
4. Reduce the heat to medium and add the remaining 6 tablespoons butter. Scrape the bottom of the skillet with a wooden spoon to release any browned bits. When the butter has mostly melted, whisk in the cream and nutmeg and bring to a simmer, then cook for 2 minutes. Lower the heat to keep the sauce warm.
5. Whisk in the Parmigiano-Reggiano, and add the chicken and cooked pasta and toss well. Season with salt and pepper. Serve hot in heated bowls.

Cook's Notes:

- Don't worry if it appears there is too much sauce. As soon as everything is tossed together, the sauce will start to cling to the pasta and thicken before your eyes!
- Save some pasta water. The sauce will thicken as it sits, so splash it with a bit of salted pasta water if you want to adjust its consistency.