

Creamy chicken Alfredo pasta

30 min · 2 servings

Approximate timing; adjust to your equipment.



INGREDIENTS

2 chicken breast fillets

Paprika, garlic, parsley, chilli, salt and pepper

20 g butter for the chicken

180 g pasta

30 g butter for the sauce

30 g flour

230 ml milk

3 tbsp cream cheese

120 ml thick cream

1 handful grated Emmental

1 handful parmesan

LET'S GET COOKING

1. Coat both sides of the chicken with paprika, parsley, garlic and chilli.
2. Melt the butter for the chicken in a pan and cook the chicken for 10-15 minutes, depending on thickness, until cooked through. Set aside.
3. Meanwhile, cook the pasta al dente according to the packet.
4. For the sauce, melt the butter for the sauce in a pan. Whisk in the flour until thickened.
5. Gradually whisk in the milk until smooth.
6. Whisk in the cream cheese until the sauce thickens.
7. Add the cream, parsley, garlic and chilli. Season with salt and pepper and stir until smooth.
8. Gently stir in the cooked pasta over a low heat.
9. Add the Emmental and parmesan and stir until melted.
10. Top with the chicken and a little parsley.