



Lighter Chicken Fettuccine Alfredo

Jacob · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr 10 mins

Description

This version of chicken fettuccine alfredo is lightened by substituting some of the heavy cream with chicken broth

Ingredients

- - 2 large boneless skinless chicken breasts - 2 cups low-sodium chicken broth - 4 cloves garlic
- minced - ground black pepper to taste - 2 cups heavy cream - 2 egg yolks - salt to taste - 1 pound fettuccine
- 1 sprig chopped fresh parsley - 2 cups freshly grated Parmigiano-Reggiano cheese
- divided

Instructions

1. Combine chicken breasts and chicken broth in a saucepan over medium-high heat. Bring to a boil
2. cover
3. and reduce heat to low; simmer for 5 minutes. Turn breasts
4. cover
5. and simmer another 5 minutes. Remove from heat and let sit with the cover on for 15 minutes. Remove chicken breasts from the broth and set aside to cool
6. reserving the broth in the saucepan. Once the chicken is cool enough to handle
7. cut into bite-size slices. Return the chicken broth to medium heat and cook until reduced to 1 cup. Stir garlic
8. black pepper
9. and heavy cream into the reduced broth; bring to a simmer and remove from heat. Whisk egg yolks in a bowl until smooth. Beat 1 tablespoon of the warm cream mixture into the eggs until thoroughly incorporated; repeat until about 1/2 cup of the warm cream mixture is used. Whisk the warm cream and egg mixture back into the saucepan with the remaining cream mixture. Cook over medium-low heat
10. whisking constantly
11. until the mixture almost comes to a simmer and thickens
12. about 5 minutes. Season with salt and black pepper to taste. Bring a large pot of lightly salted water to a boil. Cook fettuccine in boiling water
13. stirring occasionally
14. until nearly cooked through
15. about 7 minutes. Drain. Stir parsley
16. 1 cup of Parmigiano-Reggiano
17. and cream mixture into the pasta. Remove from heat
18. cover
19. and let sit for a few minutes until thick. Fold chicken and 1 cup Parmigiano-Reggiano into the pasta mixture to serve. Sheri Saxon Fried