



Tortellini Alfredo with Grilled Chicken Breasts

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

6

Description

This cheese tortellini Alfredo with grilled chicken wont sit too heavy in your stomach

Ingredients

- - 2 large skinless
- boneless chicken breasts - 2 tablespoons olive oil - 1 pinch Italian seasoning
- or to taste - 1 pinch garlic powder
- or to taste - kosher salt and freshly ground black pepper to taste - 1 (12 ounce) package frozen cheese tortellini - ¼ cup butter - 3 cloves garlic
- minced - 1 cup heavy cream - 1 ¼ cups freshly grated Parmesan cheese - 2 pinches Italian seasoning
- or to taste - freshly ground black pepper to taste

Instructions

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Make the chicken: Toss chicken
2. oil
3. Italian seasoning
4. garlic powder
5. salt
6. and pepper in a bowl until coated. Cook chicken on the preheated grill until no longer pink in the center and the juices run clear
7. about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Transfer to a plate; cut into bite-sized pieces when cool enough to handle. While the chicken is cooking
8. fill a large pot with lightly salted water and bring to a rolling boil. Add tortellini
9. return to a boil
10. and cook
11. uncovered and stirring occasionally
12. until tortellini float to the top and cheese filling is hot
13. about 3 minutes. Drain and keep warm. Make the sauce: Melt butter in a saucepan over medium heat. Add garlic and cook for 2 to 3 minutes. Add cream and cook for 3 minutes. Add Parmesan cheese and stir until melted
14. 2 to 3 minutes. Add Italian seasoning and pepper; bring to a slow boil. Cook at a slow boil for 1 minute
15. then stir in tortellini and chicken. Cook until heated through
16. 2 to 3 minutes.