

Creamy Lemon Garlic Chicken Alfredo



<https://youtu.be/R3LEHshkXjI>

Serves 4–6

Pasta & Chicken Ingredients

16 oz (454 g) fettuccine (or pasta of choice)
2 large chicken breasts — about 1 lb (500 g)
Salt and black pepper, to taste
1 tsp garlic powder
Pinch paprika
1 tbsp (15 ml) olive oil
1 tbsp (14 g) unsalted butter

1 shallot, minced
6 cloves garlic, minced
1/4 cup (63 ml) white wine
1 1/2 cups (375 ml) heavy cream
1 tsp Italian seasoning
1 cup (100 g) freshly grated parmesan cheese
Zest of 1 lemon
Juice of 1 lemon
Salt and black pepper, to taste
1 cup (250 ml) reserved pasta water

Lemon Garlic Alfredo Sauce

1 tbsp (14 g) unsalted butter
Fresh parsley for garnish

Prep Work

Pat the chicken breasts dry with paper towels. Season both sides with salt, black pepper, garlic powder, and a pinch of paprika.

Finely mince the shallot and garlic before starting the sauce. Freshly grate the parmesan cheese and zest the lemon ahead of time so everything is ready once cooking begins.

Bring a large pot of salted water to a boil for the pasta. Cook the pasta 1 minute less than the instructions indicate.

Reserve 1 cup (250 ml) of pasta water before draining the pasta later. The starchy pasta water helps thin and emulsify the Alfredo sauce if needed.

This recipe comes together quickly, so having everything prepped ahead of time will make the cooking process smooth and easy.

To Cook the Chicken

Place a large skillet over medium-high heat.

Add 1 tablespoon (14 g) unsalted butter along with 1 tablespoon (15 ml) olive oil. Once the butter has melted and the pan is hot, carefully place the seasoned chicken breasts into the skillet.

After the chicken is in the pan, season the second side lightly with additional salt and pepper if desired.

Do not move the chicken once it hits the pan. Allow it to sear undisturbed for about 4–5 minutes so it develops a deep golden crust.

Flip the chicken and continue cooking the second side for another 5 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).

Remove the chicken from the pan, cover loosely, and allow it to rest while preparing the sauce.

Cooking the chicken first creates flavorful fond and drippings in the skillet that will carry over into the Alfredo sauce.

Cook the Pasta

Add the pasta to the boiling water. Cook 1 minute less than the instructions indicate.

Drain the pasta. Add a touch of olive oil to the pot it was cooked in. Pour the pasta back into the pot. Drizzle lightly with more olive oil. Toss, cover and put to the side.

To Make the Sauce

Leave the flavorful drippings and fond in the skillet and reduce the heat to medium. Add 1 tablespoon (14 g) unsalted butter to the pan.

Once melted, add the minced shallot and cook for 1–2 minutes until softened, translucent, and fragrant. Watch the heat carefully, as shallots cook quickly.

At the tail end of cooking the shallot, add the minced garlic and cook for about 30 seconds, stirring constantly to prevent burning.

The combination of shallot and garlic creates the savory flavor foundation for the sauce.

Pour in the white wine and use a spoon or spatula to scrape the bottom of the skillet, releasing all of the browned bits and chicken flavor into the liquid. Allow the wine to simmer and reduce slightly for 1–2 minutes.

If you prefer not to cook with wine, substitute it with chicken broth or vegetable stock.

Deglazing the pan is an important step because it pulls all of the concentrated flavor from the bottom of the skillet directly into the Alfredo sauce.

Pour in the heavy cream and stir well to combine. Scrape the sides and bottom of the pan to fully incorporate all of the fond into the sauce. Bring the sauce to a gentle simmer over medium heat.

Add the Italian seasoning and black pepper. If desired, add a pinch of red pepper flakes for subtle heat.

Continue simmering until the sauce begins to thicken. You'll know the sauce is ready when the bubbles become more pronounced and the sauce coats the back of a spoon or spatula.

Reduce the heat to low or turn the heat off completely before adding the parmesan cheese. Slowly stir in the freshly grated parmesan cheese until fully melted and smooth.

Freshly grated parmesan melts much better than pre-shredded cheese and creates a smoother, more authentic Alfredo sauce.

Add the lemon zest and lemon juice, then stir until fully incorporated.

The lemon cuts through the richness of the cream and cheese, creating a brighter, fresher, and more balanced Alfredo sauce.

To Finish the Pasta

Add the cooked fettuccine directly into the sauce over low heat.

Pour in touch of the pasta water. The pasta water helps emulsify and smooth the sauce. Toss the pasta until fully coated in the creamy lemon garlic Alfredo sauce.

If the sauce becomes too thick, gradually add small amounts of the pasta water until the sauce reaches your desired consistency.

Taste the sauce and adjust seasoning with additional salt and black pepper if needed.

Slice the rested chicken breasts and place them over the pasta.

Garnish with fresh parsley, additional parmesan cheese, lemon zest, or cracked black pepper if desired.

Serve immediately while hot and creamy.

Tips & Substitutions

Freshly grated parmesan cheese creates the smoothest Alfredo sauce and melts much better than pre-shredded cheese.

Do not boil the sauce aggressively after adding the cheese, as high heat can cause the sauce to separate or become grainy.

Chicken broth or vegetable stock can be substituted for the white wine.

If the sauce thickens too much while sitting, loosen it with additional pasta water or a splash of cream.

Fettuccine is traditional, but penne, linguine, spaghetti, or rigatoni also work well with this sauce.

For extra flavor, add sautéed mushrooms, spinach, crispy bacon, or roasted cherry tomatoes.

Boneless chicken thighs can be substituted for chicken breasts for a juicier option..