



# CHICKEN ALFREDO

## EQUIPMENT:

SAUTE PAN  
LARGE STOCK POT  
LARGE SERVING BOWL

## INGREDIENTS:

1/2 POUND FETTUCCHINI  
3 CUPS HEAVY CREAM

8 OZ. CHICKEN THIGHS  
4 OZ. UNSALTED BUTTER  
4 OZ. HHF PESTO  
SALT AND PEPPER

## METHOD:

### FIRST

SEASON THE CHICKEN THIGHS WITH SALT AND PERPPER. COAT THE PAN WITH OIL AND ADD THE CHICKEN THIGHS TO THE PAN ON MEDIUM HIGH HEAT. COOK FOR ABOUT SIX MINUTES ON EACH SIDE OR UNTIL THE THIGHS ARE CRISPY AND COOKED THROUGH. SET ASIDE FOR LATER.

### SECOND

ADD THE CREAM TO THE SAUTE PAN OVER MEDIUM HEAT. DO NOT LET THE CREAM BOIL BUT LET IT COME TO A VERY GENTLY SIMMER. AFTER ABOUT TEN TO FIFTEEN MINUTES THE CREAM SHOULD HAVE REDUCED BY AT LEAST A THIRD BUT NO MORE THAN HALF.

### THIRD

COOK THE PASTA IN SALTED BOILING WATER UNTIL TENDER. IF YOU CAN FIND FRESH PASTA TO USE, PLEASE USE FRESH PASTA. REMEMBER THAT FRESH PASTA ONLY TAKES A COUPLE OF MINUTES TO COOK COMPARED TO STORE BOUGHT DRIED PASTA.

### FOURTH

AS SOON AS THE PASTA IS COOKED, STRAIN AND ADD IMMEDIATELY TO THE SAUCE IN THE SAUTE PAN. MIX TO COAT THE PASTA. ADD THE BASIL PESTO AND MIX AGAIN UNTIL FULLY INCORPORATED. YOU CAN NOW SLICE THE COOKED CHICKEN AND TOSS WITH THE PASTA, OR YOU CAN SERVE WHOLE AND GIVE EACH PERSON ONE. ADJUST SEASONING AS REQUIRED AND SERVE IMMEDIATELY. ENJOY!