

# Broccoli Chicken Alfredo

**Yield: 4 servings**



## Ingredients

- 2 boneless chicken breasts
- 2 tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp pepper
- 1 tbsp canola oil
- 2 tbsp butter
- 4 cloves minced garlic
- 1 cup heavy cream
- 1 cup of parmesan cheese
- 1 tbsp fresh parsley, chopped
- 16 oz. of fettuccine
- 1 head of broccoli

**Steps:** Start by boiling water and adding in the pasta, cook until al dente, then strain and set aside.

Chop one head of broccoli into bite-size pieces, then boil for two minutes and strain.

Next grate one cup of parmesan cheese, making sure to grate a little extra for garnish.

Trim fat off chicken breasts and season with Italian seasoning, salt and pepper. Heat up oil in a pan over medium-high heat and add in chicken breasts, cooking until the internal temperature reaches they reach 180°F.

Remove chicken and add butter and garlic, cooking for two minutes but be careful to not burn the garlic. Once cooked, add heavy cream, bring to simmer, then stir in parmesan cheese. Add in cooked pasta and broccoli. Finally, slice the chicken and add on top of plated pasta. Top with more cheese and parsley. Serve hot!