



Cajun Chicken Fettuccine Alfredo



Ingredients:

- 4 small boneless skinless chicken breasts (about 1 ¼ lbs.)
- 1 ½ Tbs. Cajun blackening spice
- 2 Tbs. butter, divided
- 1 Tbs. olive oil (or more if needed)
- 2 garlic cloves, minced
- 1 C. (½ pint) grape tomatoes, halved
- ¼ C. dry white wine (or chicken broth)
- 1 ½ C. heavy cream (or half-and-half)
- 1 ½ C. *good quality, freshly grated* blend of Asiago, Parmesan, and Fontina
- 3 oz. herbed goat cheese, crumbled
- 1 tsp. kosher salt (or more, to taste)
- 1/2 tsp. ground black pepper (or more, to taste)
- 1 pound cooked fettuccini
- Pinch of ground nutmeg, for serving
- Chopped parsley, for serving

Method for Pasta:

1. Cook fettuccini "al-dente" according to package directions, stirring often.
2. Drain, and rinse with hot tap water, to keep pasta from sticking.
3. Drain again.

Method for Chicken:

1. Rinse chicken breast in cool water, and pat dry.
2. Pound each chicken breast flat with a flat meat mallet or rolling pin, between two sheets of plastic wrap. Set flattened breasts on a clean plate.



3. Sprinkle a heavy amount of blackening spice on both sides of each chicken breast, pressing to adhere.
4. Preheat oven to 350 degrees F.
5. Heat 1 Tbs. of the butter, and the olive oil in a large skillet over medium high heat, until butter begins to brown.
6. Place chicken in the pan, and sear on one side, until it is very brown, about 3 minutes. Flip chicken and sear the other side until very brown, about another 1 ½ minutes. Work in batches so as not to crowd the pan.
7. Place browned chicken onto a rimmed baking sheet, and bake for 10 minutes, or until chicken is cooked through and no longer pink inside.
8. Remove chicken from the oven and thinly slice against the grain; set aside.

Method for Sauce:

1. If the skillet looks dry, add a bit more olive oil. Re-heat the skillet over medium heat.
2. Pour in the dry white wine (or chicken broth) into the skillet to deglaze the pan—whisk all of the delicious brown bits off the bottom of the pan. (1-2 minutes)
3. Add the garlic and tomatoes to the pan and sauté to soften and lightly caramelize, stirring occasionally. (1-2 minutes)
4. Reduce heat to medium-low and pour the heavy cream to the pan with the tomato mixture, stirring constantly for 1 minute.
5. Add the salt, pepper, and the remaining tablespoon of butter.
6. Continue to stir the cream mixture while it simmers for 3-4 minutes. The cream will reduce slightly.
7. Remove from heat. Add the grated cheeses, and goat cheese to the cream sauce. Stir constantly until all the cheese has melted, and sauce is smooth. Taste sauce and adjust seasonings.
8. Pour the fettuccini onto the sauce, and top with the sliced chicken.
9. Toss the pasta and chicken into the sauce with tongs, until well combined.
10. Turn tossed pasta into a large serving bowl.
11. Sprinkle with a pinch of nutmeg, and a bit of chopped parsley.
12. Serve immediately.