Chicken Alfredo Fettuccini

2 servings of pasta (noodle)

1 chicken breast

30mL butter

30mL olive oil

10mL flour

2 garlic cloves, minced

250mL heavy cream

Pepper – to taste

Salt – to taste

125mL parmesan cheese

Vegetable of your choice – mushrooms, broccoli or tomato

Chicken:

Defrost chicken if needed

Cut chicken into cubes or strips

Put into a frying pan with 10mL vegetable oil

Stir chicken occasionally ensuring you flip all the pieces thoroughly so they cook

Done when there is no more pink, chicken should be white with golden spots

Juices run clear

Sauce:

Melt butter in pan with olive oil

Add the garlic and sauté until fragrant

Add flour and mix into a roux

Add the cream and pepper – bring to a simmer

Stirring often add the parmesan and simmer for 8-10 minutes until sauce has thickened and is smooth

Once thickened, add grated mozzarella. Stir frequently.

Noodles:

Bring a pot of water to a boil

Add noodles and bring to a boil again

Lower heat to medium and cook for 3-5 minutes until al dente

Remove from heat and drain noodles