easy chicken alfredo
(with roasted broccoli)

This easy chicken Alfredo is a comforting favorite, made with tender chicken, creamy Alfredo sauce, and perfectly cooked pasta. It's rich, delicious, and full of flavor, making it perfect for a cozy dinner or a satisfying meal any day of the week!



ingredients

- 1 package of chicken breast tenderloins or 2 chicken breasts
- 1 head of broccoli
- Pasta (Spaghetti or Fettuccine)
- Alfredo Sauce (I used Carbones which was really good but my all time favorite is Michael's of Brooklyn's Alfredo Sauce)
- Olive Oil
- Paprika
- Garlic Salt
- Oregano
- Salt & Pepper

instructions

Roasted Broccoli

1. Cut the broccoli crown into florets.
2. Rinse the florets in a veggie wash solution. I like to soak mine in distilled white vinegar and water for a couple minutes and then rinse them thoroughly.
3. Pat the broccoli dry and spread onto a baking sheet.
4. Drizzle the broccoli with a couple tablespoons of olive oil.
5. Sprinkle with garlic salt and any other seasonings you like.
6. Stir the broccoli up and roast it at 400°F (204°C) for 15 to 22 minutes until the edges are crispy and browned.

Chicken

1. Pat your chicken dry with paper towels to remove moisture. I used chicken tenders but you can use any chicken breast meat you like!
2. If you use thicker chicken breasts I recommend tenderizing them. Put them on a cutting board with plastic wrap and gently pound them to ¾-inch thickness so they cook evenly.
3. Rub a small amount of olive oil all over the chicken.
4. Season generously. I eyeball this but I like to use garlic salt, paprika, and oregano.
5. Lightly press the spices into the meat with a fork.
6. Drizzle your pan with olive oil and cook your chicken until it's golden brown on both sides and it reaches an internal temperature of 165°F (74°C).

Final Product

Once the chicken and broccoli are roasted, cook the pasta. Toss the spaghetti in the pan used for the chicken with your sauce. Serve the broccoli on the side or mix it in for a saucy finish. Bon appétit!