

Chicken Fettuccine Allegri

I created this recipe one evening after work when I realized my fridge and pantry were empty with the exception of some chicken and a few noodle varieties. It's very tasty, easy to make, and it pleases the entire family.

INGREDIENTS

14 ounces fettuccine noodles
3 mid-sized chicken breasts, cubed (~16 oz)*
1 tablespoon olive oil
4 tablespoons lemon juice, separated
½ cup butter
3 cloves garlic, minced
1 tablespoon parsley
1 tablespoon oregano
½ teaspoon sage
½ teaspoon basil
¼ teaspoon crushed red pepper, **

METHOD

1. The following steps can be completed while the fettuccini noodles are cooking.
2. In a hot skillet, lightly sauté chicken breasts in olive oil and 1 tablespoon of lemon juice. Lightly salt and pepper while sautéing. Set aside when chicken is cooked through (do not overcook chicken).
3. In a sauce pan, lightly sauté the minced garlic in a little butter. Once sautéed, add the remaining butter and lemon juice. Once butter is melted, mix in parsley, oregano, sage, basil, and crushed red pepper. Bring to a simmer and allow sauce to mix together stirring occasionally.
4. Add chicken to butter sauce and allow sauce to simmer until noodles are done. Drizzle butter and chicken sauce over the fettuccini noodles and toss together. Serve immediately.

** You can substitute the chicken for ~14 oz shrimp. If using shrimp, skip step two (2), and add shrimp directly to butter sauce and only use 3 tablespoons lemon juice instead of 4 tablespoons. Cook shrimp in butter sauce until shrimp is red and the flesh is pearly opaque.*

*** Red pepper progressively gets hotter the longer it cooks. ¼ teaspoon will give this dish a slight kiss of heat, but if you're one of those people who really like it hot, then feel free to add more!*

As with most pasta sauces, this tastes best when eaten right away. When reheating left overs, add a smidgen of butter before microwaving to keep the noodles from soaking up all the sauce.



Preparation

- Ready in: 30 Minutes

Equipment

- Frying pan
- Measuring spoons
- Sauce pan

NUTRITION FACTS

Servings: 4

Amount Per Serving

Calories: 440

Total Fat: 26.87g

Cholesterol: 120mg

Sodium: 43mg

Total Carbs: 28.09g

Dietary Fiber: 1.97g

Sugars: 0.88g

Protein: 17.44g

Rating

★ ★ ★ ★

Source: www.TheCookingDish.com (Chris Mower) **Course:** Main

Categories: Chicken, Fettuccine, Pasta, Sauces, Seafood **Keywords:** Italian, Chicken, Shrimp, Fettuccini, Noodles, Pasta

Cuisine: European : Mediterranean : Italian

(4 servings)