



Fettuccini Alfredo with Chicken (serves 6)

Equipment

Two Medium pots
Wooden spoon
Measuring cups and spoons
Strainer
Cutting mat
Knives

- 60 ml butter
- 375 ml (250 ml+ 125 ml)whipping cream or light cream
- 3 ml tsp salt
- 1 ml pepper
- 3 ml garlic- minced
- 1 small onion diced
- ½ red (colored pepper) diced
- 175 ml (125 ml+50 ml) grated Parmesan
- Chicken breasts (cubed or sliced)
- 250 ml peas
- Fettuccini noodles

- 1. Bring a large pot of water to a boil on high heat.
- 2. Cut chicken into small cubes.
- 3. In second pot melt butter. Add garlic and onions to butter and cook one to two minutes. Be careful not to burn the garlic. Add red pepper and cook for an additional 2 minutes. Add chicken and cook until no longer pink.
- 4. Add to the saucepan with vegetables 50 ml of cream and bring to a boil, stirring constantly until mixture becomes shiny and large bubbles form. Add the rest of the cream and salt and pepper. Cook until heated.
- 5. Cook pasta on high heat until al dente. (Firm but soft). Keep the lid off the pot while cooking.
- 6. Drain pasta – place a colander into your sink. Put on oven mitts. Have all students in your kitchen freeze and move out of the way. Very carefully carry the pasta pot to the sink and slowly drain the water and pasta into the colander.



- 7. Put pasta back in pot. Add peas to the hot pasta.
- 8. Add a quarter of the hot cream mixture, to the pasta and stir well. Add a quarter of the Parmesan and stir. Keep alternating these ingredients until the Parmesan is melted and the mixture is creamy.
- 9. Serve. Garnish with Parmesan.