

NUTRITION: Lazza's Kitchen Adventure

Chicken Alfredo

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Chicken Alfredo from scratch**

**Modern *fettuccine Alfredo* was invented by Alfredo Di Lelio in Rome.
In 1907 or 1908 in an effort to entice his wife, Ines, to eat after giving birth to their first child Armando, Alfredo added extra butter or "triplo burro" to the fettuccine when mixing it together for her.
The fame of Alfredo's fettuccine spread, first in Rome and then to other countries.**

Ingredients

Olive Oil
3 Chicken Breasts: can use 4 boneless thighs
300g Fettuccine or Tagliatelle
1 tbs Butter: 200ml Double Cream
Grated Nutmeg
100g Parmesan (I don't like that so I used Cheddar): Chopped Parsley.
Peppers chopped into pieces.
Plum Tomatoes halved.

Heat the olive oil in a non-stick frying pan over a medium high heat.

Add the chicken breasts (chopped into small blocks) and fry for around 10 mins, turning half way, until they are golden brown and cooked through.

Set aside to cool a little.

Bring a pan of salted water to the boil and add the pasta, cook for 1 minute less than package instructions.

Whilst the pasta is cooking, add the butter to the frying pan over a medium heat, scraping the bottom a little to get any of the browned bits. Tip in the cream along with the nutmeg and bring to a simmer. Add the chicken back to the pan, along with the peppers and tomatoes. (I added the peppers and tomatoes to put in colour).

Once the pasta is cooked, use tongs to transfer the pasta straight from the water into the frying pan with the cream mixture.

Sprinkle most of the cheese over and use the tongs to toss it all together, adding a splash of the pasta water if it looks a little stiff. Season well, then tip into bowls.

Top with the remaining cheese, a scattering of parsley, and black pepper.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great and very tasty meal to prepare.**