

## CHICKEN ALFREDO WITH PESTO, PEAS & PARMESAN

**Source:** From Scratch Sensations – *A Recipe from Bianca's Early Kitchen Journals*

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes | **Yield:** 4 servings



### Recipe Description

*This creamy chicken Alfredo brings comfort and brightness together — tender chicken, sweet peas, and a swirl of basil pesto folded into a rich Parmesan sauce. Designed to work beautifully with store-bought shortcuts or fully from-scratch components, it's an adaptable, weeknight-friendly dish that still feels generous and complete.*

### Ingredients

#### Pasta & Main

- 12 oz fettuccine or linguine
- 2 tablespoons olive oil or butter
- 2 boneless chicken breasts, sliced
- Salt and black pepper
- 1 cup frozen peas

#### Sauce (Choose One Option)

##### **Shortcut Option**

- 1½–2 cups store-bought Alfredo sauce
- ¼ cup store-bought basil pesto

##### **From-Scratch Option** (see below)

- Homemade Alfredo sauce
- Fresh or homemade pesto

#### To Finish

- ½ cup freshly grated Parmesan cheese
- Additional pesto, optional



## Instructions

### 1. Cook the pasta

Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve  $\frac{1}{2}$  cup pasta water; drain.

### 2. Cook the chicken

Heat oil or butter in a skillet over medium heat. Season chicken with salt and pepper and cook until golden and cooked through. Remove and set aside.

### 3. Warm the sauce

In the same skillet, add Alfredo sauce (store-bought or homemade). Stir in pesto and peas. Warm gently.

### 4. Combine

Add cooked chicken and pasta to the sauce. Toss to coat, adding reserved pasta water if needed.

### 5. Finish

Remove from heat and stir in Parmesan. Taste and adjust seasoning.

## Notes

- Store-bought sauce works beautifully for busy nights
- Homemade versions elevate the dish for weekends
- Peas add sweetness and balance to the richness
- Leftovers reheat gently with a splash of milk



## Basic Homemade Alfredo Sauce (Optional)

- 3 tablespoons butter
- 2 cloves garlic, minced
- 1 cup heavy cream
- $\frac{3}{4}$  cup freshly grated Parmesan
- Salt and pepper

### Method:

Melt butter, sauté garlic briefly, add cream and simmer gently. Stir in Parmesan until smooth.

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## Basic Pesto (Optional)

- 2 cups fresh basil leaves
- $\frac{1}{4}$  cup pine nuts or walnuts
- 1 clove garlic
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{2}$  cup grated Parmesan
- Salt

### Method:

Blend all ingredients until smooth. Adjust oil for desired consistency.