



Chicken Broccoli Alfredo

WHAT YOU NEED TO DO BEFORE CLASS IF YOU ARE COOKING ALONG

1. Cook pasta $\frac{3}{4}$ of the way, pasta should be a little under cooked or al dente.
2. Broccoli blanched: In a pot bring water and salt to a rapid boil, add broccoli to water for 15 sec (count), strain broccoli immediately and rinse under cold water till all of the broccoli is cold, this is to stop the cooking and keep broccoli green.
3. Wash chicken, dice in 1" cubes, season with olive oil, salt, black pepper, garlic and Italian herb blend (dry) or fresh (oregano and basil)

INGREDIENTS

- 1 box penne pasta or 1lb of dry pasta
- 1 pound broccoli florets or 1 bag
- 1 pound of chicken breast tenders or breast
- Olive oil
- Kosher salt & freshly ground black pepper
- 1 stick salted butter
- 4 tablespoons all-purpose flour
- 1 cup chicken broth or chicken bouillon mixed with water
- 1 cup milk, or more, as needed
- 1 cup heavy cream
- 1 tablespoon crushed garlic
- 2 cups freshly grated Parmesan or dried Parmesan may need more, and some to garnish
- 1 tablespoon Italian seasoning
- 2 tablespoons chopped fresh parsley leaves (curly parsley) garnish
- 1 lemon (garnish)

EQUIPMENT

- Non-stick pan with high sides for sauce
- Whisk
- Microplane or small grater
- Large mixing bowl
- Serving dish (white)

METHOD OF PREPARATION

1. Cook pasta $\frac{3}{4}$ of the way, pasta should be a little under cooked or al dente, rinse in cold water and set aside.
2. Broccoli blanched: In a pot bring water and salt to a rapid boil, add broccoli to water for 15 sec (count), strain broccoli immediately and rinse under cold water till all of the broccoli is cold, this is to stop the cooking and keep broccoli green. Set aside.
3. Dice chicken in 1" cubes, season with olive oil, salt, black pepper, garlic and Italian herb blend (dry) or fresh (oregano and Basil) and set aside.
4. Heat sauté pan and add chicken to it in one layer do not overcrowd the pan, once chicken is placed in pan do not stir, let chicken brown it will start to come away from the pan, once brown turn chicken to color on the other side and cook all the way through.
5. Once done remove pan from the heat and set aside.
6. In a saucepan add the butter and garlic and place on medium heat for butter to melt with the garlic.
7. Once melted add the flour and stir, the flour should not take on any color, stir for at least 1min.
8. Using a whisk add chicken stock stirring constantly once fully incorporated it will look thin but thicken up so do not stop stirring.
9. Add heavy cream, stir.
10. Add whole milk stir and turn heat to medium low.
11. Add cheese and stir, add salt, pepper, Italian seasoning and red pepper flakes (optional).
12. Taste and adjust seasoning at this time sauce should be smooth and creamy and just coat the back of a spoon.
13. Once happy with taste, remove from heat.
14. In a large bowl add pasta then broccoli, and then chicken mix lightly to evenly distribute ingredients.
15. Pour sauce over to incorporate.
16. Place in serving vessel and garnish with a little cheese, and parsley sprigs along with charred lemon.