

## Cajun Chicken Alfredo

Serves: 4

### Ingredients:

4 boneless skinless chicken breasts (about 1 ¼ lbs.)  
1 ½ Tbs. Cajun blackening spice (like Paul Prudhomme's brand)  
2 Tbs. butter, divided  
1 Tbs. olive oil (or more if needed)  
2 garlic cloves, minced  
1 C. (1/2 pint) grape tomatoes, halved  
¼ C. dry white wine (or chicken broth)  
1 ½ C. heavy cream (or half-and-half)  
1 ½ C. mozzarella cheese, shredded  
3 oz. herbed goat cheese, crumbled (I just used parmesan since I didn't have goat cheese)  
1 tsp. kosher salt (or more, to taste)  
1/2 tsp. ground black pepper (or more, to taste)  
1 pound cooked fettuccini  
Pinch of ground nutmeg, for serving  
Parsley, for serving

### Directions:

Pound each chicken breast flat with a flat meat mallet or rolling pin, between two sheets of plastic wrap.

Sprinkle a heavy amount of blackening spice on both sides of each chicken breast, pressing to adhere.

Preheat oven to 350 degrees F.

Heat 1 Tbs. of the butter, and the olive oil in a large skillet over medium high heat, until butter begins to brown.

Place chicken in the pan, and sear on one side, until it is very brown, about 3 minutes. Flip chicken and sear the other side until very brown, about another 1 ½ minutes.

Place browned chicken onto a rimmed baking sheet, and bake for 10 minutes, or until chicken is cooked through and no longer pink inside.

Remove chicken from the oven and thinly slice against the grain; set aside.

# Normal Cooking

Cooking for normal people



Meanwhile, cook the pasta according to package directions and begin cooking the sauce.

If the skillet looks dry, add a bit more olive oil. Re-heat the skillet over medium heat.

Pour in the dry white wine (or chicken broth) into the skillet to deglaze the pan—whisk all of the delicious brown bits off the bottom of the pan. (1-2 minutes)

Add the garlic and tomatoes to the pan and sauté to soften and lightly caramelize, stirring occasionally. (1-2 minutes)

Reduce heat to medium-low and pour the heavy cream to the pan with the tomato mixture, stirring constantly for 1 minute.

Add the salt, pepper, and the remaining tablespoon of butter. Continue to stir the cream mixture while it simmers for 3-4 minutes. The cream will reduce slightly.

Remove from heat. Add the grated cheeses, and goat cheese to the cream sauce. Stir constantly until all the cheese has melted, and sauce is smooth. Taste sauce and adjust seasonings.

Combine the fettuccini, sauce, and the sliced chicken. Toss until well combined. Sprinkle with a pinch of nutmeg, and a bit of chopped parsley.