

CHICKEN PASTA ALFREDO (Serves 2)

This dish can also be made as a vegetarian option by using vegetables or tofu instead of meat.

INGREDIENTS

2 chicken breast cut into strips
Pasta (fettuccini recommended)
1 Cup Cream
2 Cloves Garlic finely chopped
1 Onion Finely chopped
3 Strips of Bacon chopped
Oregano, Parsley & Basil (fresh or dried)
Parmesan Cheese
Sliced Mushrooms (Optional)



METHOD

Cut the chicken breast into strips.

Chop the onion, garlic and bacon.

In a hot pan add the chopped onion and garlic once translucent add the bacon pieces and continue to cook.

Then add the chicken, mushrooms and herbs, mixing it all together.

While this is happening, boil a pot of water with a large pinch of salt for the pasta. Add the pasta once the water starts to boil.

To the frying pan add the cream, and grate in Parmesan cheese (as much as you like) and stir.

Turn the heat to low, stir and allow to simmer. The cream will start to reduce and thicken

When the pasta is ready, drain and place into the sauce.

Mix it around and add more parmesan over the top.

Serve with garlic bread.

