

Basil Pesto Chicken Alfredo

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Servings: 4 to 6

Ingredients

- 12 oz angel hair pasta
- 4 thin-cut chicken breasts
- 1½ tsp creole seasoning, divided
- 4 tbsp basil pesto, divided
- 2 tbsp butter
- 1 tbsp olive oil
- 3 cloves garlic, finely chopped
- ½ tsp flour
- 2 cups half and half
- ½ cup good quality shredded parmesan cheese

Steps

1. In a large pot, bring water for pasta to a boil. Once boiling, add pasta and cook according to package directions.
2. Place chicken in a plastic storage bag. Add ¾ tsp creole seasoning and 3 tbsp pesto to the bag. Seal while letting out air. Toss chicken in bag to evenly coat with seasoning and pesto.
3. Preheat an indoor grill pan or outdoor grill. If using indoor, coat grill pan with a little olive oil. Grill chicken breasts about 7 to 9 minutes per side or until cooked through.
4. While chicken cooks, melt butter and olive oil in a large sauce pan over medium high. Add garlic and cook about a minute. Add 1 tbsp of pesto, stir, and cook for about 30 seconds. Add flour, stir, and cook about 1 more minute. Add half and half and remaining ¾ tsp creole seasoning. Simmer over medium heat for about 5 minutes. Add parmesan and simmer another 3 minutes or until slightly thickened. Once pasta is cooked, drain and add it to the sauce tossing to coat.
5. Slice chicken and serve over pasta.

