



## Fried Chicken Breast with Homemade Fettuccine in a Lemon Garlic Alfredo Sauce

*Chicken, Pasta*

**Prep Time:** 30 minutes **Cook Time:** 15 minutes **Total Time:** 45 minutes **Difficulty:** Medium **Servings:** 2

### INGREDIENTS

#### Fried Chicken Breast

- 2 thin, boneless, skinless chicken breasts
- 2 cups of Italian Seasoned bread crumbs
- 2 large eggs, beaten
- Oil for frying

#### Fettuccine

- See my recipe for [Homemade Pasta](#), OR;
- 1/2 pound of fettuccine

#### Lemon Garlic Alfredo Sauce

- 2 tablespoons of salted butter
- 2 garlic cloves, minced or microplaned
- 1 tablespoon of all-purpose flour
- 1 cup of half and half
- 1/2 teaspoon of lemon zest
- 1 tablespoon of fresh lemon juice
- 1/4 cup grated Parmesan cheese
- 1/2 tablespoon of finely chopped parsley
- 1/4 teaspoon of kosher salt
- 1/4 teaspoon of fresh ground pepper

### DIRECTIONS

#### Fried Chicken Breasts

Set your oven to the 'Warm' temperature setting or set it to 200°F.

Start by coating a chicken breast with the beaten eggs. Then, dredge it in the bread crumbs, making sure it's fully covered. Repeat this process by placing the chicken back in the beaten egg and coating it again. Dredge the chicken a second time in the bread crumbs, ensuring it's fully covered. Press the bread crumbs into the chicken breast on both sides and shake off the excess. Repeat for the other chicken breast.

Bridge a cast iron pan with cooking oil or a fryer to a preheated temperature of 350°F. Place the chicken breasts in the hot oil and fry for about 8-10 minutes, flipping two or three times during the process. The chicken should be dark and golden brown, and the breading should appear to act like a semi-hard shell over it. Once finished, place the chicken on a paper towel-lined, oven-safe plate and place it in the oven.

#### Pasta

If you are using fresh pasta, either from [Homemade Pasta](#) or your own, cooking it will only take 1 1/2 minutes once a pot of salted water begins to boil. If you are using packaged pasta, the cooking time will vary but likely will be 8-10 minutes.

Cook the pasta according to the instructions set forth, drain it, and place it back into the pot.

## Lemon Garlic Alfredo Sauce

While you are waiting for your water to boil, if you are using fresh pasta, or while you are waiting for the pasta to cook, begin to make the sauce if you are using packaged pasta.

Let's start by melting some butter in a non-stick skillet over medium heat. Once it's sizzling, add the garlic and let it cook for about 30 seconds. You'll know it's ready when the kitchen is filled with its fragrant aroma.

Stir in the flour and cook for 1 minute or until it begins to turn lightly golden in color, stirring constantly. Make sure not to burn it.

Gradually add the half-and-half, stirring as you pour. Add the salt and pepper. Reduce heat to medium-low and cook until the sauce thickens about 1-2 minutes. If any lumps form, whisk them out. The sauce should easily coat the back of a spoon.

Whisk in the lemon juice and zest. Stir in the Parmesan cheese and parsley. The cheese should immediately melt into the sauce.

### Serving

Place about 2/3 of the sauce into the pot with the pasta and mix to cover the pasta evenly. Remove the chicken from the over and slice the chicken breasts into roughly 1/4" strips. Place a portion of the sauce-covered pasta into a large bowl, lay the sliced chicken breast on top, and top with some of the remaining sauce. Garnish with the remainder of the chopped parsley or dry parsley flakes.

### NOTES

For a smoother sauce, use a microplane for the garlic and the Parmesan cheese. Grate the Parmesan yourself; it will taste and melt into the sauce better than the bagged cheese.

For a thicker sauce, use heavy whipping cream instead of half and half.