

Garlic Butter Chicken Alfredo

- Preheat oven to 325F
- 0.9kg Chicken
- 30g parm
- 4.5tbsp lemon juice
- 3tbsp garlic puree
- 3tsp garlic powder
- 3tsp onion powder
- 1.5tbsp salt
- 1tbsp black pepper
- 1/2 tbsp red pepper flakes
- 3/4 cup water
- 2 onions
- 500g vegetables
- Mix all ingredients
- Evenly distribute 3 tbsp butter on top
- Cook for 2 hours
- Half cook 700g of pasta
- reserve 3/4 cup of pasta water

Mix cream sauce

- 1kg cottage cheese
- 120g cream cheese
- 400g sour cream
- 200g parmesan
- 360ml milk

Finishing up

- remove chicken and veggies from oven
- add half cooked pasta
- add reserved pasta water
- mix with cream sauce
- back in oven for 20 minutes

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