



Julia's Cuisine

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Main Course/Pasta & Pizza

Webpage:
<http://www.juliascuisine.com/>

Cajun Chicken Alfredo

Serves 4
Prep time: 15 minutes
Cook time: 25
Chill time: 1 hour

Ingredients

2 Chicken breast, flattened to about 1 inch thickness
4 Strips bacon
8 oz Tagliatelle
1 Cup/100 grams parmesan cheese, grated
1 Cup/240 ml cooking cream
2 Tablespoons plus 1 Teaspoon Cajun seasoning
2 Tablespoons olive oil
2 Garlic cloves, crushed
1 Teaspoon salt
1 Teaspoon pepper
Fresh chopped basil
2 Tablespoons butter
2-3 Ladles of reserved pasta water

Method

Coat the chicken both sides with two tablespoons of the Cajun seasoning.

In a large skillet set over medium heat, add the olive oil and garlic. Stir for about 10 seconds. Add the chicken and cook over a medium heat for around 6 minutes. Flip the chicken over and continue cooking for a further 6 - 7 minutes or until the chicken is cooked through. Remove from pan, transfer to a cutting board and cut the chicken into thick strips. Cover to keep warm.

In the reserved skillet over medium heat, add the bacon and cook for a few minutes each side. Remove from pan, drain on paper towels and roughly chop.

Cook pasta in boiling water for 8 minutes. Drain, reserving about 2-3 ladles of the pasta water.

In the reserved skillet set over medium heat, add the cooking cream until it bubbles, add pasta water, salt, pepper, remaining Cajun seasoning and fresh basil. Stir and let simmer for about a minute. Add the bacon and cheese. Stir well. Add the pasta and butter and stir. Top with chicken.

Top with extra parmesan and basil to serve if desired. Serve immediately.