

Cajun Chicken Fettuccini Alfredo

By [DamitJanet](#) 2007

Here is a great recipe that I discovered and actually cooked. I used several recipes to come up with this one. I put them all together for you. The recipe for the sauce is called "[Better Than Olive Garden Alfredo Sauce](#)" which it is. As for the Cajun Seasoning, I didn't have any and I didn't know what it was so I put my spin on the idea by mixing a blend of the seasonings I listed. I was impressed and I don't think anyone died from eating it.

Cajun Chicken Fettuccini Alfredo

2 to 4 boneless skinless chicken breast, cut into thin pieces

2 teaspoon Cajun seasoning

My Version of Cajun Seasoning: Goya Adobo Lemon Pepper (Vallarta Market), Goya Adobo with Pepper (Vallarta Market), Emeril's Bayou Blast Essence, Emeril's Original Essence, McCormick's Montreal Steak Seasoning (Costco), Mrs. Dash Original, B&K Gourmet All Purpose Seasoning (Green Frog Market)

1 large yellow onion, diced

1 medium red bell pepper, diced

4 Tablespoon butter (you will use 2T for Chicken and 2T for the onion and bell peppers)

2 to 3 cups Broccoli Florets

8 oz Fettuccini Noodles

1 Large Ziploc

Sauce:

2 cups Heavy Cream

½ cup Butter

3 garlic cloves, minced or crushed

¼ teaspoon White Pepper

½ cup Parmesan Cheese

1 cup Mozzarella Cheese grated

Directions:

- 1) Dice chicken and put into Ziploc Bag and season with seasoning. Shake to coat chicken completely with seasoning. Put Ziploc into Refrigerator to cook later.
- 2) Cook Pasta al denta. Drain and set aside.
- 3) Steam Broccoli. Drain and set aside.
- 4) In HOT Large skillet put 2T butter. Add onion and bell pepper. Cook until tender. Put into a dish and set aside to be mixed later.
- 5) In HOT Large skillet put 2T butter. Add diced seasoned chicken. Cook completely. Add onion/bell pepper mixture to chicken. Put into a dish set aside to be mixed together later.
- 6) Melt butter in Large Skillet over medium/low heat. Add the garlic, cream, white pepper and bring mixture to a simmer. Stir often. Add the parmesan cheese and simmer sauce for 8 - 10 minutes or until sauce has thickened and is smooth. When sauce has thickened, add the mozzarella cheese and stir until smooth.
- 7) Now add pasta and chicken mixture to sauce and toss together. Add broccoli at the very end so that it does not break up to much.
- 8) Serve!

Optional version: shrimp instead of chicken
 add steamed carrots

Enjoy!
~DamiJanet~

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