

# Chicken & Broccoli Alfredo

**Prep:**5 mins

**Cook:**20 mins

**Serves:** 3-4

## Ingredients

- 1 tbsp olive oil
- 4 skinless boneless chicken thighs, cut in half
- Some broccoli (however much you want)
- 300g pasta (any kind)
- 1 tbsp butter
- 100ml double cream
- 100ml crème fraiche
- ½ a nutmeg, grated
- 100g parmesan
- parsley, chopped, to serve

## Method

1. Put desired amount of broccoli in a saucepan with enough water to cover it. Bring to the boil and simmer until tender. Set aside.
2. Heat the olive oil in a non-stick frying pan over a medium high heat. Add the chicken thighs and fry for around 10 mins, turning halfway, until they are golden brown and cooked through. Set aside to cool a little, then use two forks to shred.
3. Bring a pan of salted water to the boil and add the pasta, cook for 1 minute less that package instructions. Whilst the pasta is cooking, add the butter to the frying pan over a medium heat, scraping the bottom a little to get any of the browned bits. Tip in the cream along with the nutmeg and bring to a simmer. Add the chicken and broccoli back to the pan.
4. Once the pasta is cooked, use tongs to transfer the pasta straight from the water into the frying pan with the cream mixture. Sprinkle most of the parmesan over and use the tongs to toss it all together, adding a splash of the pasta water if it looks a little stiff. Season well, then tip into bowls. Top with the remaining parmesan, a scattering of parsley, and black pepper