**Chicken Alfredo**

**Sauce:**

3 Tbsp. butter

1 Tbsp. flour

1 clove garlic, minced

2 cups heavy cream

¾ cup parmesan cheese

1 cup chicken stock

Salt and pepper to taste

**Ingredients:**

1# pkg. fettucine

1# chicken breast

3 Tbsp. oil

Seasoning for your chicken

**INSTRUCTIONS**

**Day 1:**

1. Mise en place all ingredients.

**Day 2:**

**Sauce:**

1. Melt the butter over medium heat. Whisk in the flour and cook for about 1 minute.
2. Add the cream and minced garlic and bring to a simmer. Stir often to ensure that the cream does not burn.
3. Once the cream begins to simmer, whisk in the parmesan cheese until it is melted. This will be thick.
4. Add some of the chicken stock until it reaches the consistency your group would like.
5. Season with salt and pepper. If you would like to try other spices in it, you are welcome to.

**Pasta:**

1. Bring a large pot of salted water to a boil.
2. Cook the pasta for 8-10 minutes and drain.

**Chicken:**

1. Season the chicken and cook in the vegetable oil.
2. Toss the cooked pasta with the sauce and chicken.
3. Enjoy.