



# Chicken and Broccoli Alfredo

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS

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## Ingredients

4 chicken breasts cut  
into bite sized cubes  
1pkg frozen broccoli  
florets  
4 cups of whole milk,  
warmed  
½ sweet onion, minced  
2 cloves garlic, minced  
olive oil  
3tbsp butter  
3tbsp flour  
½lb spaghetti  
1 cup pecorino Romano  
1 cup Parmesan  
salt  
pepper

## Directions

1. Boil salted water for pasta.
2. Heat a large pan over med heat.
3. Add chicken, ½ tsp salt and ½ tsp pepper.
4. Add pasta to water for about 10 minutes.
5. Cook chicken through.
6. Add the onion and garlic and cook for a few minutes.
7. Add broccoli and mix well.
8. Add butter.
9. Add flour and mix well.
10. Add milk, stirring so the milk doesn't burn.
11. Let the sauce cook until it starts to thicken.
12. Remove from heat and add both cheeses.
13. Add salt and pepper to taste.
14. Plate pasta and then add a scoop of alfredo, chicken and broccoli mix on top.

*This delicious, comforting, homecooked meal comes together in less than 30 minutes. Perfect for busy nights or just exhausted nights. One pot equals minimal clean up too.*