

Long Livo

Creamy Pasta with Chicken & Turkey Ham Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

For the Pasta

- [ ] 12 oz fettuccine or your favorite pasta
- [ ] 1 lb boneless, skinless chicken breasts, cut into bite-sized pieces
- [ ] 4 oz turkey ham, diced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp unsalted butter
- [ ] Salt and freshly ground black pepper to taste

For the Creamy Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 1/2 cups heavy cream
- [ ] 3/4 cup freshly grated Parmesan cheese
- [ ] 1/4 cup chopped fresh parsley, for garnish
- [ ] Pinch of nutmeg (optional, but lovely)

Instructions

1. First, let's get the pasta water on. Fill a large pot with generously salted water and bring it to a rolling boil. Once it's ready, add your pasta and cook according to the package directions until it's al dente—that perfect state of tender with a little bite. While the pasta is cooking, you can turn your attention to the chicken. Pat the chicken pieces completely dry with a paper towel, then season them gently with salt and pepper. This dry surface is the secret to getting a beautiful golden-brown sear.

2. Now, let's build some flavor. In a large skillet or Dutch oven, heat the olive oil and butter over medium-high heat. Once the butter is melted and foaming, carefully add the seasoned chicken pieces in a single layer. Don't crowd the pan; cook in batches if you need to. Let the chicken cook undisturbed for a few minutes on each side until it's golden brown and cooked through. Use tongs to transfer the cooked chicken to a plate and set it aside. In the same skillet, add the diced turkey ham and cook until it's lightly browned and a little crispy around the edges. Oh, the smell is just heavenly. Remove the ham and set it aside with the chicken.

3. This is where the magic really happens. Reduce the heat to medium and add the minced garlic to the skillet. Stir it around for just 30 seconds to a minute, until it's fragrant. You have to be careful here, as garlic can burn so quickly. Now, pour in the heavy cream, using a wooden spoon to scrape up any of those delicious browned bits from the bottom of the pan. Bring the cream to a gentle simmer and let it cook for a few minutes, until it has thickened slightly. It should be able to coat the back of your spoon.

4 Time to bring it all together. Turn the heat down to low and stir in the freshly grated Parmesan cheese and the pinch of nutmeg if you're using it. Stir gently until the cheese has completely melted and the sauce is smooth and velvety. Season with a little more salt and pepper, but taste it first as the Parmesan and turkey ham are already salty. Return the cooked chicken and turkey ham to the skillet. Finally, add your drained pasta to the pan and toss everything together gently until the pasta is beautifully coated in the creamy sauce. Garnish with a generous sprinkle of fresh parsley and serve immediately in warm bowls.

Nutrition per serving

650 kcal	38 g	50 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't forget to save about a cup of the starchy pasta water before you drain the pasta. If your sauce becomes too thick after adding the cheese, you can stir in a splash of the pasta water to thin it to your desired consistency. It works much better than plain water because the starch helps the sauce cling to the pasta.
- For the best flavor and texture, use a block of Parmesan cheese and grate it yourself. The pre-shredded cheeses often contain additives that can prevent them from melting smoothly, sometimes resulting in a grainy sauce. The flavor of freshly grated is also so much more pronounced and nutty, it really makes a difference.
- Feel free to add a handful of fresh spinach or some frozen peas to the sauce during the last few minutes of simmering for an extra boost of color and nutrients. The spinach will wilt down beautifully into the sauce, and the peas add a lovely little pop of sweetness.