

Helergon Kitchen

Baked Chicken Alfredo Pasta Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Medium** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 pound boneless skinless chicken breast, cut into bite-size pieces
- [ ] 8 ounces uncooked penne pasta
- [ ] 1 cup freshly grated mozzarella cheese, shredded

Alfredo Sauce

- [ ] 1 cup heavy cream
- [ ] 1/4 cup unsalted butter
- [ ] 2 tablespoons all-purpose flour
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 2 cloves garlic, minced

Seasonings & Garnish

- [ ] 1 teaspoon dried Italian seasoning
- [ ] 1/2 teaspoon dried oregano
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon freshly ground black pepper
- [ ] 1/4 teaspoon red pepper flakes (optional)
- [ ] 1 tablespoon chopped fresh parsley, for garnish

Instructions

1. First things first, let's get that oven warming up to 375°F (190°C). While it's heating, take your 9x13 inch baking dish and give it a little grease with some cooking spray or a bit of melted butter so nothing sticks to the sides.

2. Bring a large pot of salted water to a rolling boil. Toss in the 8 ounces uncooked penne pasta and cook it until it's just al dente—usually about 8 minutes. Now, here is a little trick: drain them well and toss with a tiny bit of olive oil so they don't clump together while we work on the rest.

3. Heat a large skillet over medium-high heat with a splash of oil. Brown the chicken pieces until they aren't pink anymore, which takes about 6–7 minutes. While they're sizzling, stir in the salt, pepper, dried Italian seasoning, dried oregano, and those red pepper flakes if you like a little kick. Once they're done, just move them off the heat for a moment.

4. Time for the sauce, which is honestly the best part. In a saucepan over medium heat, melt your unsalted butter. Stir in the minced garlic for about 30 seconds—don't let it burn!—then whisk in the all-purpose flour and cook for another minute to make a roux. Slowly pour in the heavy cream, whisking constantly so it stays smooth. Let it simmer for 3–4 minutes until it thickens up nicely, then stir in the freshly grated Parmesan until it's all melted and creamy. A pinch of salt and pepper here does the trick.

5. Grab a mixing bowl and combine your cooked penne, those browned chicken pieces, and that lovely Alfredo sauce. Toss it all together gently until every piece of pasta is fully absorbed with the sauce.

6. Carefully pour the pasta mixture into your prepared baking dish. Now, sprinkle that 1 cup freshly grated mozzarella cheese, shredded, right over the top. It looks so promising already.

7. Cover the dish loosely with aluminum foil and pop it in the oven for 20 minutes. Then, remove the foil and bake for another 10 minutes. You're looking for that cheese to be golden and bubbling—wow, the smell is just wonderful.

8. I know it's tempting, but let the casserole rest for about 5 minutes. It just helps the juices settle, which makes slicing and serving so much easier.

9. Just before you bring it to the table, sprinkle on the chopped fresh parsley for a little pop of color.

Nutrition per serving

680 kcal	35 g	42 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allowing the dish to rest for 5 minutes ensures a cleaner slice.
- Tossing pasta in olive oil prevents sticking during the assembly process.
- The roux (butter and flour) is essential for a stable, thick sauce.