

# 30 Minute Blackened Chicken Pasta

4-5 Servings

## Ingredients

- 1 Bag Of Tyson® Blackened Chicken Strips
- ½ pound fettuccine
- 2 tablespoons butter
- 1 tablespoon minced garlic
- 1 tablespoons flour
- 1 ⅓ cups half and half
- 1 ½ cups shredded Parmesan cheese plus extra to garnish
- 1 teaspoon lemon juice
- 1-2 Roma tomatoes, diced

## Instructions

1. Fill a large pot with enough water to cook your fettuccine. Add some salt. Once the water starts boiling, add the pasta and cook until it's al dente.
2. While the water is heating up, preheat the oven to 375\* and place the Tyson® Blackened Chicken Strips on a cookie sheet. Bake for 18-20 minutes.

## Sauce instructions:

1. Melt the butter in a skillet over medium heat. I prefer a cast-iron skillet.
2. Add garlic and cook for 2 minutes, stirring frequently so it doesn't burn.
3. Whisk in the flour and let it heat for 60 seconds, stirring continuously - making sure there are no lumps.
4. Slowly add the half & half to the pan along with the lemon juice and cook for 3 minutes.
5. Reduce the heat to low and gradually whisk in the Parmesan cheese, stirring continuously until the sauce is thick and well-combined.

## Assemble your dinner:

1. Using tongs, remove the pasta from the pot, shaking and excess water and add to the sauce.
2. Mix it until it's well combined.
3. Top the fettuccine with the diced tomatoes and the chicken and sprinkle with additional Parmesan cheese.

Serve and enjoy!