

Creamy Chicken, Mushroom & Chive Fettuccine



Preparation time: 65 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 30 March 2021

Categories: Dinner Recipes, Lunch Recipes



Ingredients

Pasta Dough

3 cups (450g) '00' flour, plus extra for dusting

1 tsp salt

4 eggs (60g each)

1 egg yolk

2 tsp olive oil

Creamy Chicken Mushroom and Chive sauce

2 tbsp olive oil

350g chicken breast fillet, sliced thinly

1 small onion, finely chopped

2 cloves garlic, crushed

250g sliced mushroom medley

Salt and pepper

300ml cooking cream

2 tsp Dijon mustard

3 tbsp chopped chives

Grated parmesan and extra virgin olive oil to serve

Method

Pasta Dough

1. Spoon flour and salt onto a clean work surface in a circular mound. Make a deep well in the centre.
2. Crack eggs, egg yolk into the flour and drizzle in oil. With a fork, whisk eggs dragging the flour from the sides. Continue in until all the flour has been incorporated and dough forms a sticky shaggy dough.
3. Using floured hands, knead the dough together, bringing any flour from the bench to form a firm but sticky dough.
4. Sprinkle a little more flour on the bench and knead the pasta by pushing down and forward. Continue for 5-10 minutes or until the dough is silky smooth, elastic and springs back when pressed with a finger. Flatten the dough into a disk and wrap with plastic wrap. Rest for 30-60 minutes at room temperature.

Fettucine

1. Once the dough has finished resting, cut into 4 portions and cover with tea towel to keep moist.
2. Dust kitchen bench with flour. Using a rolling pin, roll out one portion of the dough into a long strip. With each roll, lift the dough up, re-dust, and flip it over. Continue until you have a long, thin strip around 1 mm thick. Pasta should be strong enough to be lifted off the countertop but thin enough for you to see the outline of your hand through it. Cut rolled out pasta sheets in half.
3. To cut into fettucine strands, bring ends to meet in the centre. Repeat this again. Cut into 1cm wide strips. Separate strands and place onto a lightly floured baking tray. Repeat with remaining pasta dough.

Chicken and Mushroom Sauce

1. Bring a large pan of salted water to the boil.
2. Heat 1 tbsp of oil in a large deep frypan over medium-high heat. Add chicken and cook until just browned. Remove and set aside.
3. Heat remaining oil, and add onion, garlic and mushrooms. Cook for 3-4 minutes or until mushrooms have softened. Season with salt and pepper. Add cream and Dijon mustard and simmer for 3 minutes. Return chicken and cook for a further 5 minutes.
4. Add half the fettucine pasta to boiling water and cook, stirring to separate the strands for 4-5 minute or until al-dente. Drain and add to sauce along with $\frac{1}{3}$ cup of pasta water and chives. Toss to coat. Serve immediately with freshly grated parmesan and a little drizzle of extra virgin olive oil.

Notes

- To freeze leftover raw fettucine, place the baking tray of cut and prepared fettucine in the freezer for about 15 minutes. Make sure strands aren't sticking to each other or the pan. Transfer the semi-frozen pasta to airtight bags. Label, date, and place in the freezer for up to 3 months.
- Use any mushrooms that are available and are in season.
- Pasta dough can be made a day ahead. Cover and refrigerate. Bring to room temperature before rolling.
- After rolling and cutting, allow fettucine to dry out at room temperature while you are making the sauce.

- Make sure to roll out pasta sheets as thin as possible, as the pasta will double in thickness as it cooks.

Nutritional Information

| | | | | | | | | |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 438g | 4050kJ 968kcal | 42.8g | 48.8g | 22.2g | 86.3g | 5.8g | 811mg | 5g |

All nutrition values are per serve.