
Chicken Alfredo Casserole

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Preparation Time: 45 minutes

Start to Finish Time: 1 hour 10 minutes

TIP:

Boil the pasta until it's just al dente. It will soak up the sauce and soften in the oven.

4 tablespoons unsalted butter
unsalted butter (for the baking dish)
Kosher salt
1 1/2 pounds skinless/ boneless chicken thighs, cut into large chunks
2 1/2 cups low-sodium chicken broth
4 cloves garlic, crushed
2 cloves garlic, chopped
3 wide strips lemon zest
1 tablespoon lemon juice
2 sprigs rosemary
2 bay leaves
1 pound penne
6 cups (one pound) small broccoli florets
4 tablespoons all-purpose flour
2 cups heavy cream
freshly ground pepper
1 1/4 cups grated Parmesan cheese
1/4 cup chopped fresh parsley
2 cups shredded low-moisture mozzarella cheese

Preheat the oven to 400 degrees. Butter an 11-x-14-inch or other four-quart baking dish. Bring a large pot of salted water to a boil.

Place the chicken in a Dutch oven or other large pot. Add the chicken broth, crushed garlic, lemon zest, rosemary sprigs and bay leaves. Partially cover and bring to a simmer over medium-low heat. Cook, partially covered, until the chicken is tender, 20 to 22 minutes. Strain through a fine-mesh sieve (you should have two cups of liquid; if necessary, add a little water to make two cups). When the chicken is cool enough to handle, tear or shred into small pieces. Wipe the Dutch oven clean.

Meanwhile, add the pasta to the boiling water. Cook until just al dente, add the broccoli during the last 2 minutes of cooking. Drain the pasta and broccoli in a colander and rinse with cold water to stop the cooking. Let drain in the colander while you make the sauce.

Melt the butter in the Dutch oven over medium heat. Add the chopped garlic and cook until sizzling, about 30 seconds. Sprinkle in the flour and stir to make a paste. Cook until the flour is no longer raw, 1 to 2 minutes. Whisk in the reserved two cups of cooking liquid and the heavy cream. Season with one teaspoon of salt and a few grinds of pepper. Return to a simmer, whisking to make a smooth sauce. Cook over low heat until thickened, 3 to 4 minutes.

Remove the pot from the heat. Stir in one cup of Parmesan, the parsley and lemon juice. Add the chicken, pasta and broccoli. Stir to coat. Transfer to the baking dish and sprinkle with the remaining 1/4 cup of Parmesan and the mozzarella. Bake until the top is golden and the edges are bubbly, about 25 minutes. Let rest for 5 minutes before serving.

Yield: 8 to 10 servings

Chicken

Per Serving (excluding unknown items): 2762 Calories; 260g Fat (80.1% calories from fat); 85g Protein; 61g Carbohydrate; 6g Dietary Fiber; 855mg Cholesterol; 2163mg Sodium. Exchanges: 2 Grain(Starch); 9 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 1/2 Non-Fat Milk; 47 Fat.