

Chicken Alfredo Bake: Creamy Pasta Casserole

Tender penne and diced chicken under a golden mozzarella-parmesan crust



PREP
15 min

COOK
30 min

TOTAL
50 min

SERVES
8 servings

CALORIES
680 kcal

Ingredients

- 1 lb penne pasta
- 2 cups cooked diced chicken breast
- 2 cups shredded mozzarella cheese, 1 cup mixed, 1 cup for topping
- 1/4 cup grated Parmesan cheese
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 2 cups heavy cream
- 1 cup whole milk
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp ground nutmeg
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 cup extra mozzarella, for topping

Instructions

1. Prepare the oven: Preheat your oven to 175°C (350°F). Grease a 23x33 cm (9x13 inch) baking dish to prevent the cheese from sticking to the sides.
2. Cook the pasta: Bring a large pot of salted water to a boil. Cook the penne until al dente for 9-10 minutes. Drain it well so excess water does not thin your sauce.

3. Make the roux: Melt butter in a medium saucepan over medium heat. Whisk in the flour and cook for 1 minute. Constant stirring ensures the flour cooks through without browning.
4. Thicken the sauce: Slowly whisk in heavy cream and whole milk to keep the sauce smooth. Stir in garlic powder, onion powder, nutmeg, salt, and pepper. Simmer for 4-5 minutes until the sauce thickens.
5. Finish the Alfredo: Fold in 1/2 cup grated Parmesan until melted and silky. Add a splash of milk if the sauce is too thick. A smooth consistency ensures every pasta tube is coated.
6. Combine the ingredients: Mix the cooked pasta, diced chicken, and shredded mozzarella in a large bowl. Pour the Alfredo sauce over the mixture. Stir until everything is well coated.
7. Assemble and bake: Transfer the mixture to the baking dish and spread it evenly. Top with remaining mozzarella and Parmesan for a golden crust. Bake uncovered for 20 minutes until bubbly.
8. Rest the dish: Remove the bake from the oven. Let it rest for 5 minutes. This allows the flavours to settle and the sauce to set slightly.

Notes

What to serve with it Pair this rich dish with a crisp green salad tossed in a light vinaigrette to cut through the creaminess. You may also serve it with garlic-butter bread or soft focaccia for more carbohydrates. Add roasted or steamed broccoli to the side for extra fibre and a pop of colour.

Storing and reheating Allow leftovers to cool completely before covering and refrigerating. For long-term storage, place the cooled casserole in an airtight container or freezer bag for up to 2 months. Thaw the dish overnight in the refrigerator before reheating to ensure the sauce remains creamy and the pasta stays tender.