

Chicken Alfredo Lasagna: Creamy Pasta Bake

Layers of tender chicken and rich sauce topped with golden cheese



PREP
15 min

COOK
40 min

TOTAL
1 hr 5 min

SERVES
8 servings

CALORIES
680 kcal

Ingredients

- 12 no-boil lasagna noodles
- 2 cups cooked chicken breast, shredded
- 2 cups fresh spinach, chopped
- 1 cup sliced mushrooms, optional
- 1/2 cup ricotta cheese
- 1 1/2 cups shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 4 tbsp unsalted butter
- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1/4 tsp fresh nutmeg
- 1 cup heavy cream
- 1 cup whole milk
- 2 tbsp all-purpose flour
- 1 1/2 tsp kosher salt, divided
- 1 tsp black pepper, divided
- 1 tsp Italian seasoning

Instructions

1. Prepare the oven: Preheat your oven to 190°C (375°F). Ensure the oven is fully heated before the dish goes in to ensure even cooking.
2. Sauté the garlic: Heat the butter and olive oil in a large skillet over medium heat. Add minced garlic and sauté for about 30 seconds until fragrant. Do not let the garlic brown, as it will turn bitter.
3. Create the roux: Stir in the flour and cook for 1–2 minutes to form a smooth roux. Gradually whisk in the heavy cream and milk. This process prevents lumps and ensures a velvety texture.
4. Thicken the sauce: Cook the sauce for 4–5 minutes, stirring constantly, until it thickens and coats the back of a spoon. Season with salt, pepper, nutmeg, and Italian seasoning to build the savoury base.
5. Mix the filling: Blend in the ricotta, half the mozzarella, and 190ml (3/4 cup) of Parmesan. Fold in shredded chicken, spinach, and mushrooms. Stir until fully incorporated for a consistent distribution of ingredients.
6. Layer the lasagna: Spread a thin layer of sauce in a 23x33cm (9x13 inch) dish to stop the noodles from sticking. Place a layer of noodles, spoon over a third of the sauce, and sprinkle 60ml (1/4 cup) mozzarella. Repeat this three times.
7. Bake the pasta: Top the final noodles with remaining sauce, mozzarella, and 60ml (1/4 cup) Parmesan. Cover with foil and bake for 30 minutes, then remove foil and bake for 10–15 minutes until the top is golden and bubbly.
8. Set the layers: Let the lasagna rest uncovered for 10 minutes. You must do this to allow the layers to set, which ensures clean slices when you cut the dish.

Notes

No-boil lasagna noodles Substitute with traditional dried sheets if required. You must boil them in salted water until al dente first. No-boil sheets absorb moisture from the sauce to cook; pre-boiled sheets will not do this, so you may need to increase the liquid in your sauce to avoid dryness.

What to serve with it Pair this dish with a crisp green salad tossed in lemon vinaigrette to balance the richness. Serve alongside warm garlic bread or a lightly buttered baguette to soak up extra sauce. Finish each plate with a sprinkle of extra grated Parmesan and a handful of fresh arugula for a peppery contrast.

Storing and reheating Cool the lasagna to room temperature before covering and refrigerating in an airtight container for up to 3 days. For long-term storage, wrap tightly in foil and freeze for 3 months. Thaw in the refrigerator overnight before reheating to ensure the centre reaches a safe temperature throughout.