

Jerk Chicken Alfredo

Type: **Serving Recipe**

Yield: **4 portions**

Quantity and Unit	Ingredient or Recipe	Prep Notes
1.33 tbl	extra virgin olive oil	
2.0 tsp	peeled garlic	minced
10.0 oz	heavy cream	
12.0 oz	farfalle pasta	dry weight
2.0 oz	parmesan cheese, shredded	
4.0 oz	green bell pepper	1/2" dice
4.0 oz	yellow onion	1/2" dice
12.0 oz	boneless chicken breast	1/2" dice
1.33 tbl	jerk seasoning	

Method

- Cook pasta according to directions, rinsing with cold water.
- Add oil to hot saute pan (medium heat)
- Add diced chicken and saute until white - 3-4 minutes
- Add diced garlic, pepper and onion and sautee another 2-3 minutes until onions are transparent
- Add jerk seasoning and heavy cream and stir
- Add pasta to pan, tossing together and reheating the pasta, 1 minute or so
- Top with parmesan and serve!